

Hi-Tide



LJ Hi-Tide's larger-than-life Polaroid camera captures La Jolla High students' most candid moments

Volume LXXXVIII Issue 4- January 31, 2014

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Of "Principal" Importance

LJHS Gets a New Permanent Principal



Photo courtesy of Cree Star Allan

From left to right: Dr. Carol Whaley, Dr. Chuck Podhorsky, Dr. Pat Crowder, and Area Superintendent Julie Martel during their January 27 meeting.

By Amanda Menas

Editor-in-Chief

Few staff members have been here long enough to remember the last transitional period between principals.

Dana Shelburne resided as La Jolla High School's principal for 17 years before he was reassigned to School Construction Liaison.

After two interim principals (pictured left), Dr. Pat Crowder and Dr. Carol Whaley, LJHS has a new face to steer the progress of campus, in the form of Dr. Chuck Podhorsky.

Former principal of Hoover High School, Dr. Podhorsky was appointed at the January District Board Meeting, January 21, 2014.

In a meeting on January 27 with the former interim principals and the Area Superintendent, Julie Martel, the official start date of the new principal was confirmed as February 10.

Dr. Podhorsky, UCLA gradu-

ate and former Educational Consultant, comes at a time when there are not only changes in school leadership, but in school policies as well.

State-wide, California approved a law allowing students of both genders to wear the clothing, use the bathrooms, and participate in the sports teams in accordance with their sexual identity.

At La Jolla High, attire for the school dances is now "formal" for all students. Changes were also added to future curriculum at LJHS. Common Core standards are being implemented with the freshman and upcoming grade levels, and a new robotics class and marching band will be offered due to the push from Dr. Crowder.

Having already made a positive impression on many of the office staff members, LJHS looks forward to all the changes a permanent principal will bring.

State of the Union Recap

By Amanda Menas

Editor-in-Chief

With the start of the year, 40,000 new state laws were enacted. In 2013, the United States' Congress passed less than 60 laws, giving a new meaning to the "Do Nothing Congress."

President Obama mentioned the low unemployment rate, the rebounding housing market, the lower deficit, and America being renamed the number one place to invest.

Additionally, the President's main talking point was his potential use of Executive Order if Congress 1) does not enact a national minimum wage of \$10.10 (a law nearly established in California, set to reach that amount by 2016), and 2) steps in the way of preventing another open ended war.

What's Up in Washington

Janet Yellen and the Federal Reserve
Obamacare and the ACA statute

By Jake Foerster

Staff Writer

Recently, the United States Senate voted to appoint Janet Yellen as the first woman to be head of the Federal Reserve, the central banking system of the United States.

Yellen, confirmed by a 56-26 vote, will replace Ben Bernanke, who will step down after

being chairman for eight years.

In 2010, Yellen was nominated by President Obama to succeed Donald Kohn as vice-chair of the Federal Reserve, but was not elected.

According to the *Wall Street Cheat Sheet*, Yellen's goals include creating more economic growth and lowering the inflation rate to two percent. Politi-

cal and economic analysts predict that the Federal Reserve, under the leadership of Yellen, will lower the unemployment rate to about six percent.

Critics of the institution pre-Yellen have claimed that the Federal Reserve has only, according to the Daily Nexus, "inflated real estate and stock prices by putting money in the markets," which in turn created investment bubbles.

Many expect Yellen to complete the work that was started by former Chair Ben Bernanke.

According to the Bank of America Association, Yellen

is a big supporter of free and open communication with the federal government, and she intends to continue the expansion of the Federal Reserve's arsenal of communication tools.

Meanwhile, the prolonged debate surrounding the new Affordable Care Act's plan has just been settled.

Right wing politicians continue to be upset over the Supreme Court's ruling on "Obamacare's" constitutionality.

Michael Cannon, a political analyst for the Cato Institute, has asserted, in reading

the ACA statute, that the IRS cannot offer subsidies through federal exchanges.

However, the Affordable Care Act's definition of health insurance is a "governmental agency or non-profit entity that is established by a state," thus still allowed under the statute.

When Judge Paul L. Friedman, a D.C. circuit judge, disagreed with Cannon's notion, he claimed that "tax credits are linked to health plans purchased on exchanges."

In his State of the Union Address, the President made it clear that Obamacare is here to stay.

Spirit Update

Hi Vikes!

Congrats on getting through first semester. Our ASB Ball is tomorrow from 8-11pm at the House of Blues in Downtown San Diego! There will be dancing, a photo booth, a lounge, Dance Dance Revolution, and a special surprise! Remember to bring your ID! Parking will be difficult so make sure to get dropped off or arrive ahead of time. Airband is also coming up soon on Friday, March 7! Check in with your class officers and attend class council meetings to participate!

Lastly, enjoy your last semester of high school seniors!

Sydney Moses
ASB President

Ruling on Cross

The Mount Soledad Cross violates the Constitution and will be taken down within 90 days

By Ana Gimber

Staff Writer

Federal Judge Larry Burns has issued an order saying that The Mount Soledad Cross, a 60-year-old 29-foot cross erected as a Korean War memorial, violates the Establishment Clause of the U.S. Constitution and must be taken down.

The Establishment Clause prohibits Congress from supporting one religion over another. Some believe the monument is a religious symbol that excludes non-Christian veterans and violates the First Amendment of the Constitu-

tion.

The Establishment Clause states that it is illegal to display a religious symbol on public land, and part of the Mt. Soledad Veterans Memorial sits on government land.

The Soledad Cross was previously challenged in a 2006 lawsuit, but was not taken down.

This time, the Jewish War Veterans of the United States of America and several local residents were represented in the case by the ACLU, and won.

The federal court did not order immediate removal of the cross, but did prevent the matter from coming back to the

trial court for another round of litigation. A Mt. Soledad Memorial Association member, Bruce Baily, is disappointed with the latest ruling. "However, [Baily is] grateful for the Judge's stay that gives [them] the opportunity to fight this all

the way to the Supreme Court," according to KPBS.

The Judge's order states that the cross must be moved within 90 days, unless there's an appeal, which could delay the process. This 2-year saga may not be over yet.



Photo courtesy of Lilly Glenister

The Mt. Soledad Cross, a current Korean War veteran memorial site, has been under legal fire for over 20 years

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“Be A Man”

One Innocuous Phrase Is More Detrimental Than Previously Thought

By Maya Lakshman
Staff Writer

Our society holds various images of what the ideal man and woman should be, and often we not only accept these images, but we force them upon both ourselves and others. Surely it is not healthy to tell a woman that she is unwomanly because of certain features or the way she may act, so isn't it a bit harsh to tell a man he is acting "unmanly?" More importantly, shouldn't young boys be allowed to grow up without worrying constantly if they are acting man-like?

This question was posed in a recent Upworthy video titled "There's Something Absolutely Wrong with What We Do to Boys Before They Grow into Men."

The three most destructive words for a young boy's development come in the phrase "be a man." According to Dr. Michael Kimmel, a sociologist, "We've constructed an idea of masculinity in the United States that doesn't give young boys a way to feel secure in their masculinity, so we make them go prove it all the time." No young child deserves the constant burden of trying to prove his masculinity. It is excessive and ridiculous, and in the end, detrimental.

Boys should be allowed to be sensitive, be sad, cry, be shy, and feel pain. There is nothing wrong with that. And the more disheartening truth is that these words that society has forced upon every young boy, shutting up all their emotions inside of them until they can't get them out, often are correlated to violent outbursts.

These words are making our society's young boys feel unwanted, neglected, and hated. Dr. Niobe Way claims that forcing children into a world that doesn't value care or empathy will result in both "girls and boys, men and women [going] crazy." When a kid gets a suspension or gets involved in trouble, the first thing that society assumes is that he's just another "bad kid." Perhaps he was just doing what society had taught him to do from a young age: man up, fight it out, show strength. It is high time we change our outlook, before this phrase destroys our society and this generation.

Check-up

Does your doctor have the right to peruse your medical history without your consent?

By Sarah Espinosa
Staff Writer

Since the birth of the Internet, people have had access to all kinds of information online, including the personal histories of other people. Why now are people making such a fuss about doctors Googling their patients? Sometimes doctors even find more information about the patient online than in person-to-person conversation. For example, if a former athlete had an injury that could be relevant to his current condition and has not mentioned it to his physician, a doctor could quickly find him out by typing some words into the browser, and then talk to his patient about it.

Many people oppose this

"system," many approve it, but what are the odds that this innocent research can save someone's life?

Dr. David Brendel said, in an interview with *The Wall Street Journal* regarding patient's information online, "It's the information that is in the public domain and it may be information that is clinically relevant." What if a patient forgot the day of her car accident? If it is on the public network a doctor can learn about past accidents and other relevant information that can affect that patient's medical history. This process can also identify a lying patient. If a person says that he has never used drugs before and he is on a website with a mug-shot claiming to be arrested for drug possession,

then clearly the doctor has to double-check everything he has said.

On the other hand, people claim that this is invading their privacy and that they don't feel comfortable with doctors googling them; well if that is the case, then they must clearly be hiding something.

Warraich also stated in the New York Times, "If the only reason a doctor searches online is to gather personal information that patients don't want to share with their physicians, then it is absolutely the wrong thing to do." But if that is the case, doctors are not invading anyone's privacy. If a person doesn't want to have his or her personal life googled by a doctor, or let's say a psychopath, then he or she shouldn't have it out there in the first place.

Grammarama: Precocious Pronouns

By Laura Derickson
Editor-in-Chief

At some point in time, each of us will be part of a discussion, debate, or interview in which we will be judged more on how we speak than on what we say. One of the easiest ways to throw off the listener is by misusing pronouns. For example, "Him and her are going to ASB together" is hardly an adequate sentence for breaking the happy news. Once you understand the rules, pronouns can be easily mastered. Below are some quick tips for using pronouns correctly.

There are eight basic pronouns, each of which has one form when used as a subject pronoun and another form when used as an object pronoun.

Subject Pronouns: I, you, he, she, it, we, you (plural), they

Object Pronouns: Me, you, him, her, it, us, you (plural), them

Those of you who paid attention in elementary school English know the difference between a subject pronoun and an object pronoun. For the other 99% of us, below is a definition:

A subject pronoun is what the sentence is about. Examples:

I did not study for finals.

She likes boys with good grammar skills.

An object pronoun is what is affected by the action of the subject. An object pronoun

is used instead of a noun because we already know what the object is. Object pronouns are usually used after a verb or preposition.

The administration does not like me.

Out-of-state burritos are not good for her.

The same rules apply when pronouns are used in combination.

He and I went to ASB together.

We threw chicken at him and her.

Time to go sound like you have a high school education.

The point of junior and senior year is to take AP classes and begin preparing for college; what is the point of an 18-year-old running a couple laps as opposed to learning about political science or economics? Learning basic skills of dodgeball, soccer, and tennis will not help us get farther in life. If a student would like to pursue a sport then that choice should be given to them as a 6th period class in which sports teams can practice, not during a class period that could be used to raise GPA, doing homework, or preparing for a test. This new system is ignorant in the sense that these incoming freshman will miss out on classes that many other high schoolers will get to experience.

Looking Forward to Four Years of Racquetball?

Why the new physical education plan is a waste of precious high school hours

By Carly Neville
Staff Writer

Recently, the San Diego School District passed a new system for the upcoming high school freshman that requires them to take physical education their entire high school career.

Not only is this new system ridiculous, it also takes away a student's chance to take junior and senior electives that are much more rewarding than running the mile once a month

and learning how to hold a badminton racket correctly.

Students will be restricted to core classes, physical education, and one elective, which is essentially what the middle school offered.

Take the words physical education: physical, meaning moving our bodies, and education, meaning learning something new. Everybody who has ever taken high school P.E. can agree that the meanings of these words are not applied to the students taking the class.

“I heard this looks really good on college apps!”

Why smaller clubs are becoming less about charity, and more about getting into college

By Kaitlin Wheeler
Staff Writer

What happened to the desire to join sports for the experience, join clubs to meet new people, or take classes to learn something interesting? Sadly, this enthusiasm toward school and extracurricular activities is hard to find in many students.

This problem is mainly due to the fact that colleges are putting so much stress on teenagers to make the right decisions, to get the best possible grades, to be the stellar athlete, to ace the SAT, to create a club that will greatly benefit others, and engage in so many more time-consuming activities. It's hard enough to live a stable life with all the stress going on on a daily basis in school.

High school kids are now being brainwashed into thinking that they must do everything perfectly for college. It seems as though no

one actually cares about what they are doing. People only seem to be “doing it for the college app.”

Take AP courses as an example. Schools don't force kids to take AP courses, but students decide to take them anyway because they know that they must in order to get into an acceptable college. Nobody actually wants to take these highly accelerated classes, but

“This neglect is turning teenagers into drones...”

it is now a regular standard required by most colleges.

Another sad truth is that kids will take a position in a club because it's a leadership role, which is highly valued by colleges. They could not care less about the club because they are only doing it for that all-important college application.

A question asked frequently by students is, “Doesn't that look good on college apps?” There's something seriously wrong with this question because it's showing their lack of interest in what students are getting themselves involved in.

Colleges want people who have a passion and desire to learn and experience new activities. But now they are unintentionally encouraging kids to one up each other in the amount of extracurricular activities and volunteer hours they have.

Students don't care about the hours of time they put into their commitment towards clubs, sports, and academics. This neglect is turning teenagers into drones with only one goal in mind: looking good for colleges.

Hey, if the colleges like it I'll do it. So if they say go jump off a bridge, are you gonna do it?

Babes of WRATH

My Body, My Rules

By Katie Allen
Features Editor

New Year's Resolutions have a failure rate of 92%. Birth control, when used correctly has a success rate of 91%. How do you like them odds? According to guttmacher.org, 62 percent of women of a childbearing age (15-44) use a method of contraceptive.

But out of about 20 forms of birth control, men only use and are responsible for five of them. So why is it that women still face total responsibility for managing everyone's sexual health?

Under the Affordable Care Act, which was instituted in 2010 by President Obama, birth control is offered now for little to no money. However, without private insurance, birth control doesn't come cheap. This proves difficult for teens that are uncomfortable addressing the subject with parents and ultimately turn to organizations like Planned Parenthood, which provide free, confidential, and effective information and supplies for mental, physical, and reproductive health.

While the most common forms of birth control, like the pill, cost anywhere from 15 to 50 dollars a month, some particular brands can cost 60 dollars for a particular hormone that won't increase the chances of breast cancer. Some forms, like Implanon and Nexplanon, can cost upwards of 800 dollars. Most men purchase condoms, which, while effective, cost a fraction of the price of their female counterparts. A pack of Trojan Latex Condoms costs, on average, 63 cents per condom.

This doesn't even begin to cover the possible health risks some women face in order to protect themselves. Birth control can cause certain side effects that range from mild headaches to liver tumors. Sometimes they can prove fatal. In a recent article in Vanity Fair magazine,

the contraceptive method “Nuvaring” was under harsh criticism and investigation for killing its users via deadly blood clots. Some women worry those birth control methods that adjust hormones cause lasting effects on fertility in the future.

Some girls use birth control and aren't sexually active. They choose birth control as a method of controlling acne and regulating periods. Many of the girls at La Jolla High use a form of birth control, whether it is a daily pill or the Birth Control Implant (known as “The Bar”). It is becoming more common for young women to take control of their health, and not just rely on a man to provide it. Birth control is just as much a woman's responsibility as a man's. So why do women pay more, and endure health risks? How is that fair?

Women are patronized for buying birth control because, by society's standards, they are actively seeking sex and therefore are considered promiscuous. Being mature and responsible about the subject breaks down the taboo nature of teen sex. Teens forget how easy it is to get pregnant and no one is ready for a child at this age. Nor should they forget that having sex could lead to STI's and STD's that can be prevented through the use of condoms.

Birth control is nothing to be ashamed of. If anything it should be celebrated. While we don't encourage sex, we don't chastise the act either. Having sex doesn't make you more grown-up, especially if the right precautions aren't taken. Of course, everyone has his or her own opinion on the subject, and each opinion is valid. But if anyone, girl or guy, chooses to have sex, protection for everyone should be available and cheap. If you are willing to engage in an adult act, you should be willing to except the adult consequences.

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Anxious About Applying?

Trust us, you're not alone

By **Tony Rivas**
Staff Writer

College is a time of big change for many high school students. They no longer have a clear road map for what they are supposed to do to get to the next step. They get a choice about what direction they head by choosing a major. While this can be an exciting time for students, it can also be overwhelming.

As second semester starts to kick in, so do all the tests, essays, and projects. If you are a senior, a junior, or a highly competitive sophomore, then you will be taking (or retaking) the SATs and or the ACTs, well, most people will be at least.

This is the part when stress and migraines start to kick in. Just thinking about failing one test could really rattle a prosperous student up, and many of them have the idea that getting one bad grade could really knock them out of the charts of their dream colleges.

When second semester comes around, students have to learn to manage their time. It is extremely nerve-wracking to pack in sports, grades, and tests. All of this puts unneces-

sary pressure on students. It is hard to deal with this at such young of an age.

Senior Jonathan Abbott agrees that balancing his school work and preparing for college is a lot for a any senior to handle,“The whole situation about going into college could be really be anticipating, but it can also be quite pleasing as well.”

With the economic downturn, families' financial consid-

“There's a growing pressure for teens to achieve, many of whom don't realize that there are ways to overcome the stress of going to college.”

erations may also cause anxiety or insecurity for some students. Others may feel more pressure to succeed academically to justify the high cost of their education.

It isn't just the seniors who go through this stressful time in high school, but the juniors, sophomores and even some freshman go through a time of stress and anticipation. Junior Daniela Anastasi has been all over the situation of preparing herself for college, in which she

feels that the hardest thing for her so far was time management, “Along with dealing with golf and academics, managing my time has definitely been the biggest challenge so far.”

There's a growing pressure for teens to achieve, many of whom don't realize that there are ways to overcome the stress of going to college. Now some schools are find-

ing new ways to help students relieve stress and anxiety. School counselors and many other school administrators are great resources for a stressed student to go and seek help.

Leaving high school could be both exciting and stressful. Spending your high school days being a stressful person isn't the best thing to do; one must enjoy their time and see life in a new positive way.

Guess Who?

Check your answers from last [December] issue's crossword puzzle. How many did you get right?

ACROSS

2. Ms. Thomas
3. Mr. Tenenbaum
5. Mr. Bankert
7. Coach Atwell
8. Mr. Friburg
9. Ms. Mandock
11. Mr. Marcus
12. Mr. Davis
14. Mr. Essex

DOWN

1. Mr. Quesnell
2. Mr. Teachworth
4. Mr. Morgan
5. Ms. Brammer
6. Mr. Tellers
10. Mr. Kinsel
11. Mr. Mattio
13. Ms. Vu

Valentine's Day

By **Nicolette Bodine**
Staff Writer

February 14 is just around the corner, have you begun thinking about your plans? Valentines Day also happens to be on a Friday this year, which leaves room for creative fun at night.

Not only does this special day fall on everyone's favorite day of the week, but we also do not have school that Friday!

Don't worry if you have yet to think of ideas, we are here to help with gift ideas, places to go, and things to do, for everyone.

No matter how or who you spend your day with, make sure you try one of our ideas and have fun with it! We will be interviewing our fellow classmates after the holiday and discussing best gifts and plans.

FOR FIDO

A new bed, more toys, gourmet treats, or bones or feather toys.

FOR PARENTS

A new specialized chores list, a massage, chocolates, breakfast in bed, candles, flowers, paintings, or a relaxation gift basket.

FOR HER

A weekend getaway coupon, jewelry, a sweet treat, a heartfelt card, a manicure/pedicure, a massage, a puppy, stuffed animals, blankets, Starbucks gift cards, or a bouquet of flowers.



Photo courtesy of Nikky Hagopian

FOR HIM

Breakfast at his favorite place, sports memorabilia's, funny movies, video games, gourmet food, a CD of the newest release from his favorite band, headphones, new Sperry's, or just a simple card and a box of chocolates.

FOR FUN

Picnic at the beach, brunch at the local farmers market, trip to the Zoo, stargazing, boat ride, horseback riding, camping, local aquarium, roller skating, treasure hunt, or the classic dinner and movie night. A few great dinner places around La Jolla that aren't too pricey, but still great for the Holiday include Sammy's Woodfire Pizza, Karl Strauss, Georges, Prep Kitchen, Sushi on the Rock, Roppongi, Piattis, Barbarella, or The Marine Room. If you are out and about during the day for breakfast, lunch, or brunch a few great options around La Jolla are The Cottage, Brockton Villa, Caroline's Seaside Cafe, Coffee Cup, and Cody's La Jolla.

COLLEGE BOUND

By Haley Richards and Nicolette Bodine
Staff Writers

All Photos courtesy of Creekstar Allan

As college decisions are rolling out, a few of our fellow senior classmates have shared with us their excitement in committing to their top colleges. Here are a few:

EASTCOAST

"I committed to Lehigh University! I am so excited to go, it will be great to carry on my family's legacy there."

-Hallie Bodenstab

"I've committed to Yale University because it was one of my top choices."

I'm excited to live on the east coast and in a different academic environment in general."

-Sonia Blue

"I committed to The George Washington University in D.C. because I loved the urban campus when I visited last spring. The university also was

the first to establish the major I intend to pursue: **political**

communications."

-Amanda Menas

"I've committed to The George Washington University."

I chose this school because it is a wonderful school academically, and has so much to offer. I'm looking forward to playing water polo in the nation's capital and meeting many of the influential individuals that reside in the city and are looking to make a difference in the world."

-Scarlett Hallahan

"I'm really looking forward to going to MIT next year!"

For me, it is the perfect combination of academics, athletics, and location- everything I am looking for in a school."

I'm really excited to play volleyball for MIT and I think it will be a lot of fun to compete at the college level."

I plan on studying biology so MIT's emphasis on math and science is another major selling point for me."

Also, I love the area that MIT is in; Cambridge is a fun college town

and being so close to Boston will be great too."

-Clare Farley

"I am committed to MIT!"

I am so excited to attend such an amazing engineering school and continue to play lacrosse at the collegiate level."

-Emily Young

"I've committed to Amherst College to play baseball."

I decided to go there because it is an incredible academic school."

I was initially leaning toward bigger schools to play at but I fell in love with the campus

and how the coaching staff cares so much about my future beyond baseball. I'm looking forward to competing for a national championship while earning a degree from one of the best schools in the country."

-Sam Schneider



Perry Cohen



Ben Doyle



Sonia Blue



Emily Young

WEST COAST

"I committed to Saint Mary's College FOR GOLF! I am extremely EXCITED to pursue my dream at such an amazing college."

-Perry Cohen

"I committed to Cal Berkeley FOR GOLF. I love the area around the school and I'm so excited to be a college athlete!"

-Bennett Doyle

"I was recruited for rowing by Gonzaga University

in Spokane, Washington."

I chose the school not only because of their great academics and rowing team, but also because it felt like somewhere I could call home for the next four years. I'm looking forward to rowing at the D1 level and to also meet new people."

-Bella Spies

SOUTHWEST

"I committed to Arizona State University for water polo and I'm so excited to start this new chapter in my life."

The team and coaching staff are amazing and I feel like I'll learn a lot from this program."

-Taylor Bertrand

"I am committed to Colorado Mesa University."

I'm ecstatic to be playing baseball for one of the top ranked schools in the nation."

-Brett Volger

MIDWEST

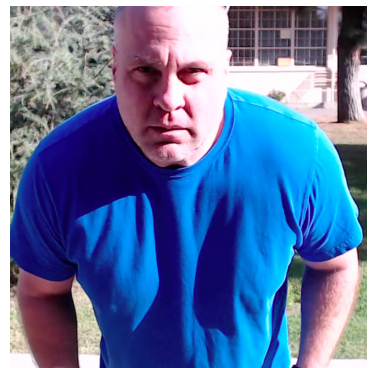
"I'm going to Northwestern University in Evanston, IL to their McCormick School of Engineering to study Biomedical Engineering. Why I chose Northwestern was because it was a school that had everything I wanted. It's a big 10 school with fantastic academics. Basically, the all around college experience I wanted."

-Benji Leibowitz

"I committed to Indiana University because I want to spend my next four years in a completely different environment

than I'm used to. I'm looking forward to meeting new people and my new teammates!"

-Sarah Young



My definition of happiness is having a good time. **Surfing and girls** make me **happy.**

-Donavon Griffin.

My definition of happiness is enjoying **life**

to its fullest. Soccer and being with people I love make me happy -Lillian Raffetto

Happiness is having an unlimited supply of Krispy Kreme. I am happy **when my sister** comes to visit. - Ben Doyle

Finding the **positive** out of every situation. **I love** going to seminary and the beach. - Emi Doncheva



STUDENT FOCUS



Idea courtesy of SoulPancake's video "Snap Your Joy." Camera produced by Jordan Bowman and built by the Hi-Tide staff.

