

The Archery Team, led by captains Brian Gray and Colleen Mellinger, prepares for its first match against High Tech High Chula Vista on February 20.



Photos courtesy of Creekstar Allan



Olympics 2014

By Rachel Carroll
Staff Writer

The Sochi Olympics will be starting on February 6. There are not many winter sports in San Diego, but it will be exciting to see how the American athletes will fare in Russia.

America is very excited that San Diego's Shaun White will be competing again in his third Winter Olympics. Not only is he the best snowboard half piper in the world, but he is also a world-class skateboarder. He is easily noticed because of his flaming red hair.

The most famous female winter athlete, Lindsey Vonn, will unfortunately not be able to compete in downhill skiing, as she re-injured her right knee.

The most promising young American who might fill her spot is 18-year-old Mikaela Shiffrin. She will be competing in two downhill skiing events. It will be very exciting to watch her, as she is the same age as many La Jolla High School seniors.

There will be two new events during this Olympics. The first is team figure skating. Figure skating has always been the most watched sport in the Winter Olympics. What makes team figure skating a revolutionary sport is the fact

that it will be a mixed gender sport. The men and women will skate individually, but their scores will be combined. Ten countries: Canada, Russia, United States, Japan, Italy, France, China, Germany, Ukraine, and Great Britain, will all enter teams in this event.

While more people are likely to watch the team figure skating, the most controversial new sport will be slopestyle. Slopestyle is essentially skateboarding on snow, and just like in skateboarding, athletes will be doing tricks such as jumps, backflips, and even riding their skis, or snowboards, down rails. The men and women who compete in slopestyle are superb athletes, and it will be an exciting competition for the first Olympic medals in this event.

In February, the Winter Olympics will be televised all over the world. There will be many new star athletes, hopefully some from the United States. Although we do not get snow in San Diego, the staff and the students from La Jolla High have an exciting opportunity to watch these incredible athletes compete at the highest level.

Check out "Olympic Controversy," page 10.

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Congratulations to the Mens' Varsity Basketball team, who defeated Cathedral Catholic 65-57 in a tight game last Friday night. Senior Madigan Sanders said, "Coming off a losing streak and beating Cathedral, one of the better teams in the league, was really rewarding and helped us jump back, and that hasn't been done in a really long time."

LJHS Girls' Water Polo Beats Bishops School

By Lauren Roberts
Staff Writer

The La Jolla Womens' Varsity Water Polo team started with a splash this season. The team had never beat The Bishops School, which is one of the team's biggest rivals.

That all changed this year, when the La Jolla High School Vikings crushed the Bishops School Knights 6-4 in a tough match.

Team members Taylor Bertrand, Sarah Young, Scarlett Hallahan and Lexi Atwell each contributed standout individual performances.

This history-making event has boosted the girls' team spirit, and has created great excitement on the squad.

"I want to keep working hard to dominate the regular season, and ultimately win CIF, which La Jolla has never done, with this team because I know we are capable. I want to keep breaking history," said senior Scarlett Hallahan, who will be attending the George Washington University for water polo in the fall.

Hallahan is a big contributor, and is also one of the four seniors that lead the team.

"There are so many great seniors this year that our coaches were unable to choose captains, so the seniors just naturally lead us and do a great job of it," said two-year varsity team member and sophomore Lexi Atwell.

The girls know they must accomplish several more wins in order to remain undefeated and come home with a 2014 CIF championship title.

Undaunted by the challenge, they feel properly prepared for what lies ahead.

Senior and team leader Sarah Young, who will be playing water polo at Indiana University this coming fall, said, "Every practice makes our team grow stronger. Although morning and afternoon practices have been tough, in the end, it has made our team the strongest it's ever been."

The 5:30 am wake-up call to swim and practice, followed by a 2-hour after school practice has benefited the team tremendously as the athletes have come together as a group.

This intensity has brought the team to a whole new level, and they expect to make more history before the season is over.



La Jolla gets excited before the legendary game, which they won, versus Bishops. (Top)

Scarlett Hallahan, a senior, takes a shot on goal. (Bottom)



Photos courtesy of Creekstar Allan

Exercise Applications

By Lauren Robbins
Staff Writer

For students at La Jolla High School, life is already busy enough, juggling academics, sports, and extracurricular activities. Adding in the need to stay in shape can be overwhelming. With the limited time students have, it's obvious why it's so difficult to stay in shape during the off-season.

Luckily, there are smart phone apps for all types of mobile devices that provide accessible and easy workout routines.

Being happier and more alert are just a couple of the benefits of being healthy and in shape.

By using one of these outstanding smart phone apps, students will feel less stressed because they will have found a great exercise routine that will give them something to look forward to during their busy days.

Nike Running: For students that enjoy running, this app will encourage these students to take their running to

the next level. This app provides three different types of courses: basic, distance, and timed. It is also equipped with a weather forecast built into its calendar, so it's easy to find the perfect day to schedule a run.

On its home screen, it shows the number of runs that have been completed, along with an average pace. Even for those who prefer to run alone, the user is able to connect with Facebook friends through this app to compare who runs farther and more often.

7 Minute Workout App: For those who are constantly on the go, this is a suitable choice for a speedy workout. This app provides a series of fourteen different workout circuits ranging from easy to hard.

During the workout, the app plays a video and sound recording instructing how to properly execute the current exercise.

This app also has an option for a smart workout that is customized to the two questions it asks the user, which are the level of fitness the user

is at (1-10) and why the user is motivated to work out.

Once the user has encountered all the workout circuits and chosen the ones that he or she prefers, he or she is able to create a custom workout that can be used whenever they want.

Nike Training Club: This smart phone app is ideal for students who are not set on one type of workout. It has over 100 full-body workouts that were developed by professional trainers. It has four different categories of workout routines: "Lean," "Toned," "Strong," and "Focused."

Each of these categories has beginner, intermediate, and advanced levels. "Lean" focuses on high-interval cardio drills, while "Toned" focuses on light weights and intervals to add muscle definition, while "Strong" focuses on increased weights and reps to build strength and focused centers on 15 minute workouts to target specific areas.

Having a workout routine that fits in with students' busy schedules is key to being happier and successful in school.

BOLT UP!

A look at how the San Diego Chargers made it into this season's NFL playoffs

By Tristan Saeed
Staff Writer

The 2013-2014 NFL season was the San Diego Chargers' 44th in the AFC West league, as well as their first under new Head Coach Mike McCoy. Despite poor expectations for 2013, the San Diego Chargers had a relatively successful season, ending with a 9-7 record—an improvement from last year's 7-9—and their first win-

ning season since 2010.

Additionally, the Chargers made their first NFL playoff appearance since 2009, and, despite a second-round loss to the Denver Broncos, finished in the top eight overall.

McCoy became the 15th head coach in Charger history when he accepted the position in January of 2013. Prior to this new position, McCoy served as an offensive coordinator for the Denver Broncos. In 2012, his

last season with the Broncos, they earned the top seat in the AFC with a 13-3 record, ending with an 11 game winning streak. Before working with the Broncos, McCoy worked with the Carolina Panthers for nine years from 2000 to 2008, during which they made three playoff appearances, two division titles, two NFC championship appearances, as well as an appearance in Superbowl XXXVIII.

New Year, New You

By Lily Kennedy
Staff Writer

As 2014 begins, almost everyone is following their new year's resolutions to get fit and healthy. However, after a few days, many give up for a number of different excuses: namely, lack of a gym membership. Many at-home utilities can be harnessed to give you a workout that will match what you can receive from the gym.

Gyms are full of fancy machines that most people do not bother to touch due to their intimidating complexity. Why waste your money going to a gym when you could accomplish the same workout

outside or at home?

Running around a neighborhood allows the runner to become enthralled in his or her surroundings, and not bored running in place.

Advancements in technology have made workout videos and apps extremely accessible and easy to use. These apps can be downloaded in minutes to smartphones and then used at convenience.

Apps for tracking your runs are equal to, if not better, than a treadmill because they also can calculate the pace, the calories burned, and even the map of the run.

The gym creates a routine that consumes a lot of time just commuting. For many,

that is enough to talk themselves out of the commitment. Working out at home in a more familiar place allows you to accomplish your goals without being judged by the person next to you.

Gyms are a great way to motivate someone to work out and create a routine. However, working out at home allows you freedom to focus more on how far you can push yourself, rather than how many calories the machine claims you have burned. Finding a set of stairs to run up can be just as effective as using a Stairmaster, so why waste your money on a gym membership? Instead, lose the pounds and the excuses.



A Visit to LJHS

David Alvarez speaks off the record

By Jordan Bowman
Business Manager

Councilman David Alvarez took time out of his busy campaign schedule to speak with La Jolla High School's journalism class Tuesday after students returned from winter break.

In a full class of 54 writers and editors, Councilman Alvarez talked about the benefits and downfalls of running for mayor in a one newspaper town. The democratic candidate was passionate in what he had to say to the politically diverse group of students, one of whom was his niece Stephanie Alvarez.

If successful in the February election, Councilman Alvarez would become the first Latino mayor of San Diego.

Photo courtesy of Jordan Bowman

San Diego Councilman, David Alvarez (above), speaks to Mr. Essex's fifth period Journalism class about running his campaign for mayor in a one-newspaper town.

Olympic Controversy

Olympic athletes have been asked to not display their team logo outside secure areas due to safety concerns

By Jake Foerster
Staff Writer

The FBI has begun to send more agents to Russia to help improve security for the 2014 Winter Olympics.

The FBI has seen a need to improve security because of the threats of violence at the Games, and because the Russian state has been engaged with extremists who will target the Olympics, as stated by *The*

Washington Post.

Sochi, the Black Sea resort town that will host the competition, has been locked down by a colossal barrier encircling the town.

The barrier was erected because intelligence reports indicated terrorists were interested in striking "soft targets" such as restaurants, hotels, and transportation.

The relationship between Russian forces and US Olym-

pic security has been strained due to back-to-back suicide bombings on December 29, 2013, which killed people inside a main train terminal and on a city bus.

ABC News' reports on the bombings stated that neither side claims responsibility for this security lapse, but the man suspected was the Chechen militant leader Doku Umarov, known as the "Russian Bin Laden."

The US government states that Russia is cooperating for the combined security efforts, but the relationship is still very fragile.

Despite the need for security at the Games, FBI Director James Comey has spent most

of his first three months on the job meeting with FBI officials overseas instead of overseeing security force actions.

A big concern is that the extremists participating in the current Syrian conflict will become involved in terrorizing the Games. However, the FBI hopes to prevent any attacks by that group.

According to *The Washington Post*, a White House panel recommended last month that Congress allow "national security letters," FBI-instituted subpoenas, to be issued if a judge determines the information they would reveal would be relevant to national and Olympic security and peace of mind.

POLAR VORTEX

By Zen Kelly
Staff Writer

"A Polar Vortex is basically a great swirling pool of extremely cold air located tens of thousands of feet in the atmosphere," said Frank Giannasca, senior meteorologist with *The Weather Channel*.

The 2014 North American cold front, also known as the Polar Vortex, has affected parts of Canada and the US east of the Rocky Mountains.

The Arctic cold front, which started on January 2, 2014, created heavy snowfall and broke some of the coldest temperature records throughout the United States.

Its caused mass flight cancellations as well as closures of many companies, schools, and roads. Approximately 187 million US citizens were affected by the temperatures.

Temperatures dropped so low that in places like New York and Minnesota, frostbite occurred in just 10 minutes to unprotected skin.

With the extreme weather came much disorder and frustration. Close to seven thousand flights were cancelled in the United States, homeless shelters and animal shelters overflowed, and work and education were halted in places affected by the cold.

Bridge over Troubled Waters

New Jersey governor Chris Christie under intense investigation after George Washington Bridge scandal

By Laura Derickson
Editor-in-Chief

Once thought to be the frontrunner for the Republican nomination for the 2016 presidential election, Chris Christie, the hefty governor of New Jersey, is now making headlines for all of the wrong reasons.

First, there was the Washington Bridge scandal, referred to by some as "Bridgegate," which began in September 2013 when the New Jersey Port Authority announced it would close two lanes of the George Washington Bridge for a "traffic study."

Reporters at *The Washington Post* eventually unearthed that there was no such traffic study. It was ultimately revealed that Christie's long-time friend at the Port Authority, in conjunction with members of Christie's staff, worked together to close part of the world's busiest

bridge on the first day of the school year in a childish effort to punish the mayor of Fort Lee for not endorsing Christie for governor. Fort Lee, the town adjacent to the bridge, voted heavily for Christie's opponent for Governor, Barbara Buono.

E-mails obtained by the press from Christie's staff and the Port Authority sound like middle school bullies on MySpace. The exchange began with an email between Christie's deputy chief of staff and his friend, the Port Authority official who later resigned when it was disclosed that he ordered the lane closures:

"Time for some traffic problems in Fort Less."

A week later there was a text to the Port Authority which read:

"Presently we have four very busy traffic lanes merging into only one toll booth. . . The big-

ger problem is getting kids to school. Help please. It's maddening"

A minute later, there was this exchange of emails, with the senders not identified:

"Is it wrong that I am smiling?"

"No."

"I feel badly about the kids."

"I guess"

"They are the children of Buono voters."

Although Christie began by dismissing and joking about any allegations of wrongdoing within his cabinet, after the release of the e-mails, he gave several long speeches denying any knowledge or involvement. He then threw the staff members involved "off the bridge." There is now an ongoing investigation into Christie's own involvement.

A joke circulating on the internet says that the whole thing was a misunderstanding that occurred when the gargantu-

an governor stated "someone needs to close the fridge."

This week things got even worse for Christie when the mayor of Hoboken, New Jersey, publicly claimed that Hurricane Sandy Relief Funds denied her city aid after she refused to approve a real estate project in which the Governor had a special interest. According to *MSNBC*, there is now an FBI investigation into the allegations. The *Hi-Tide* plans on staying tuned for more as the scandal unfolds.

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See the World (and SeaWorld) in a Dark Light

By Misha Kabbage
Staff Writer

A movie catching the attention of the many Netflix lovers around the nation is the tragic, but educational documentary about an ocean species with a bad name and bad reputation with no real reasons: or are there? Directed by Gabriela Cowperthwaite, *Blackfish* is an emotional powerhouse of a documentary that explores the world of

SeaWorld and its sister parks, where everyday animals are being held in brutalizing captivity, bringing rise to a controversy that has been hidden from much of the public until now. One particular case is that of the untimely death of Dawn Brancheau. In early 2010, Brancheau, a major orca trainer at SeaWorld Orlando, was viciously killed by the park's

most famous orca, Tilikum. Already known for fatal injuries prior to his encounter with Brancheau, Tilikum was held

“On June 12, 1999, a famous show orca named Kasatka attacked Peters during a performance by biting onto his foot and brutally dragging him down to the bottom of the pool”

in captivity for several years, and treated extremely poorly. Some say, “It’s no wonder he killed so many people,” while others say, “He is called a killer whale for a reason, they should just exterminate them,” (even though it has been scientifically proven that killer whales in the wild do not and will not attack humans). Another serious case discussed is that of Ken Peters, a

current SeaWorld San Diego killer whale trainer. On June 12, 1999, a famous show orca named Kasatka attacked Peters during a performance by biting onto his foot and brutally dragging him down to the bottom of the pool. The pool is 36 feet deep. Luckily, Peters was an experienced diver and knew about water pressures and how to keep calm. He was able to lead Kasatka to the side of the pool to calm her down, but she continuously dragged him down. After about 15 minutes of struggle, Peters was finally able to escape Kasatka’s hold and barely swim back to safety. He had extremely serious injuries that required years of recovery, but is still a trainer in San Diego today. Cases like Peters’ affect all who have ever attended SeaWorld, particularly those who make their living working in the park. There are very few SeaWorld parks in the world, and for many years San Diego was considered lucky to have one. This gut-wrenching film proves us otherwise, and shows the public the blood on SeaWorld’s hands, blood that can no longer disappear to the bottom of the Shamu pool.

Paranormal, Marked

By Lana Bass
Staff Writer

After numerous *Paranormal Activity* films, this spin-off and newest addition to the franchise takes a slightly different route to win the hearts of horror movie junkies. By featuring a predominantly Latino cast, *Paranormal Activity: The Marked Ones* takes an unexpected leap from a white suburban San Diego family to a group of Latino teenagers who are neighbors in an apartment complex. The *Paranormal Activity* movies have received mixed reviews, spanning the gamut from terrifying to incredibly stupid. Will *Paranormal Activity: The Marked Ones* be actually scary? This film had a lot riding on it after the negative reception of its predecessor, *Paranormal Activity 4*, released in 2012. The plot of *The Marked Ones* doesn’t scream originality:

a reclusive woman engaged in black magic and possession dies in her old apartment which is then taken over by a group of teenagers. Despite the weak story line, the film does leave room for Latino culture to be in the spotlight. After four movies following the same white family being haunted by spirits and demons, the introduction of Jesse, Hector, Marisol, Arturo and a Latino community gives the film series a much-needed vivacity” This film is labeled as a spin-off, and the official *Paranormal Activity 5* is scheduled to be released in October of this year. The *Paranormal Activity* movies are not known for being the scariest movies to hit the big screen, yet this spin-off, with its compelling ethnic twist on a familiar plot, could leave you unable to sleep at night.



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Featured Tracks
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Lyric Highlights:

Pretty Hurts: “When you’re alone all by yourself/And you’re lying in your bed/Reflection stares right into you/Are you happy with yourself?”

Haunted: “Spoon-fed pluralized eyes to find the beaches in the forest/When I’m looking off the edge, I preach my gut it can’t help but ignore it/I’m climbing up the walls cause all the s**t I hear is boring”

Drunk In Love: “I’ve been drinking watermelon”

No Angel: “No I’m not an angel either, but at least I’m trying/I know I drive you crazy, but would you rather that I be a machine”

Partition: “I sneezed on the beat and the beat got sicker/Yoncé all on his mouth like liquor”

Rocket: “We’re so much more than pointless fixtures/ Instagram pictures/Consumers”

Mine (featuring Drake): “Stop making a big deal out of the little things/Cause I got big deals and I got little things/Got everything I’m asking for but you”

Superpower (featuring Frank Ocean): “The laws of the world never stopped us once/Cause together we got plenty super power”

Heaven: “We laughed at the darkness/So scared that we lost it/We stood on the ceilings/You showed me love was all you needed”

Blue (featuring Blue Ivy): “Sometimes these walls seem to cave in on me/ When I look in your eyes, I feel alive”

Beyoncé: Wife, Mother, & Savior of the Free World

By **Jeanine Erikat**
Staff Writer

On December 12, Beyoncé ended the year with a surprise self-titled album. How was it a surprise? There was absolutely no publicity leading up to its release.

Described as a “visual album,” each song is accompanied by its own music video.

“I see music,” Beyoncé said in a press release provided shortly after the album hit iTunes. “It’s more than just what I hear. When I’m connected to something, I immediately see a visual or a series of images that are tied to a feeling or an emotion, a memory from my childhood, thoughts about life, my dreams or my fantasies. And they’re all connected to the music.”

Why the sudden change in music release style? When asked, Beyoncé told the Huffington Post, “I didn’t want to release my music the way I’ve done it, I am bored with that. I feel like I am able to speak directly to my fans. There’s so much that gets between the music, the artist and the fans. I felt like I didn’t want anybody to give the message when my

record is coming out. I just want this to come out when it’s ready and from me to my fans.”

The album sold over one million copies by Wednesday December 18, six days after the release.

In addition to the success of her album, Beyoncé told *People* magazine “it was important to get back in touch with my sexy side after I gave birth to Blue Ivy in 2012.” Beyoncé stressed the fact that she wanted to prove to the world that, “just because you become a mother it doesn’t mean you lose who you are.”

Beyoncé’s new album takes her fans on a journey into her personal dilemmas and beliefs, an aspect that’s long been hidden in her career as a pop sensation. Songs such as “Blue (Featuring Blue Ivy),” “Pretty Hurts,” “***Flawless,” and “Grown Woman” leave a strong impression.

“Blue (Featuring Blue Ivy)” shows the indescribable love Beyoncé’ has for her daughter, who can even be heard at the end of the song. The sweet piano tune is juxtaposed against a family vacation to Rio de Janeiro, with plenty of shots of

the loving family interacting with the townspeople and generally frolicking around the beautiful beach town.

“Pretty Hurts” specifically targets her female fans with a message of body acceptance. The music video shows Beyoncé trying to win a beauty pageant, attempting to make herself flawless to fit to society’s definition of beauty, and eventually ending the cruel practices by destroying her beauty pageant trophies in dramatic slow motion and daring to love her curvy figure in a stick-thin world. With lyrics such as “perfection is the disease of a nation,” this song hits home with many young girls who admire Beyoncé, telling them that their goal in life should ultimately be happiness.

“***Flawless” features Nigerian author Chimamanda Ngozi Adichie, and dissects the double standards and inequalities that still exist between men and women, even in this modern age.

Beyoncé begins with “I took some time to live my life/But don’t think I’m just his little wife,” a dig at those who criticized her naming her most

recent tour “The Mrs. Carter World Tour.” The middle minute of the song centrally features a clip from Chimamanda Ngozi Adichie’s “We Should All Be Feminists” TED talk.

“Because I am female, I am expected to aspire to marriage. I am expected to make my life choices always keeping in mind that marriage is the most important. Now marriage can be a source of joy and love and mutual support. But why do we teach girls to aspire to marriage and we don’t teach boys the same?”

“Grown Woman,” the final video of the album, features cameos of her mom Tina and sister Solange recreating childhood home videos. It builds on what can be argued is the central theme of the album: female strength and independence through adversity.

Beyoncé herself said in her documentary, “Life Is But A Dream,” that “There’s no drum roll or trumpet that goes off when you make the biggest decisions of your life. Sometimes, you don’t even know that you’ve made them.” Over a month after its release, Beyoncé’s album, at first silent, will alter Pop music forever.

Beyonce dazzling audiences at a show in Montreal in 2013

Photo courtesy of Wikimedia Commons

