

Hi-Tide

Volume LXXVVVIV Issue 5 - March 4, 2013

Featured: Brittany Black

Photo Courtesy of Wendy Nettleton

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Congratulations to
Womens' Soccer
for making it all the way to
the CIF Championship.

ASB UPDATE

Fellow Vikings,

The La Jolla High School ASB is proud to announce the 91st Annual Scarlet & Black Ball, which will be held this year at the Hall of Champions in Balboa Park on Saturday, March 9, 2013 from 8-11pm. This year's formal will feature DJ A-ONE, who has toured with many professional artists including Kanye West and Alicia Keys. There will also be a photo-booth, free of charge with the purchase of your ticket. The Hall of Champions boast a variety of levels including a museum, and a dance floor.

Tickets for the dance are sold during lunch for \$45 from March 4th-March 8th. Tickets will not be sold at the door.

All members of the student body of LJHS are invited to attend in addition to any dates of LJHS students. The Dance contract forms for LJHS students and guests can be found online at <http://goo.gl/ExG8f>, or on the school's website under ASB Forms.

A few reminders for the dance:

It is a formal dance, and the dress code will be enforced. The requirements are:

Men: Formal suit jacket/sport Coat, collared shirt, tie, dress slacks, and dress shoes.

Women: Formal dresses that do not show bare midriffs, formal shoes/heels.

You must have your Student ID to purchase your ticket at the finance office and must have a valid picture ID to enter the dance.

On a separate note, Airband has been set for Thursday, April 12. All clubs and classes are invited to participate and compete for the three cash prizes for the top three finishing teams.

I hope to see you all at the dance; I know it will be a fantastic event

With sincerest regards, your
President and friend,
Daniel Stephen Hamilton

Six Spectacular Shows

Photo Courtesy of Amanda Menas



Opening night, Junior Hallie Bodensstab directed the One Acts performance *The Lodger* starring Hannah Orr (left), Robbie Freeman (right), Noah Wilson, Natile Miller and Tanner Perry for more information see page 12.

A Change in Leadership

By Trevor Menders
Copy Editor

San Diego Unified School District superintendent Bill Kowba officially announced on February 26 that he will retire as of June 30 of this year. Many question the decision, however Kowba claims having to cut so many district employees is too much stress for him.

Though Kowba only took on the position as district superintendent in 2010, this job was not his first occupation: at 60 years old, Kowba has served as an admiral in the U.S. Navy

as well as multiple positions within the school district such as Chief Special Projects Officer, Chief Logistics Officer, Chief Financial Officer, and Interim Chief Administrative Officer, as well as interim superintendent for the district, thus his retirement after only several years as superintendent is somewhat justified.

The new superintendent, Cindy Marten, current principal of Central Elementary, was elected at the SDUSD meeting last Wednesday night.



Photo Courtesy of Wendy Nettleton

Last year at the Celebrate the Arts festival, attendees, with the help of Jane Wheeler, created the new bench outside the counseling office in celebration of the 90th anniversary of LJHS. The picture above features from left to right: Dana Shelburne, Beth Penny (PTA President), Laurie Allen(Sponsor), and Jane Wheeler.



Photo Courtesy of Tim Rayner

Preparing for the Worst

By Tim Rayner
Editor-in-Chief

In the wake of the Newtown school shooting and the countless other gun-related massacres in recent years, mass hysteria has arisen about the safety of our students.

In response to these shootings, the San Diego Police Dept. in conjunction with the San Diego Unified School District Police Dept. conducted a simulation here at La Jolla High designed to train teachers on the correct course of action in the event of an attack.

At 2:30 on Monday, February 25, 2013, local police officers gathered all LJHS faculty into the library and gave a short presentation, which included an overview of recent shootings and suggested protocol for future situations, should they arise.

Then, in an effort to allow

teachers to experience the true stress of an actual shooting situation, the faculty was brought into the 300 building where police simulated a school shooting, using two officers acting as shooters and armed with a handgun and an MP5 submachine gun loaded with blanks. Teachers were given the task of saving children, represented by balloons scattered around the small courtyard, by corralling them into the classrooms while being "shot at" by the perpetrators.

The simulation was designed to be as real as possible, complete with the piercing sound of gunshots and improvisational acting by the thespian perpetrators—one of whom was having a fictional affair with one of our teachers—the officers who took them down, and our own Ms. Ann Boutelle playing the teacher involved

continued on page 10...

The La Jolla High School

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The Dangers of Driving

DRUNK

By Megan Carroll
Staff Writer

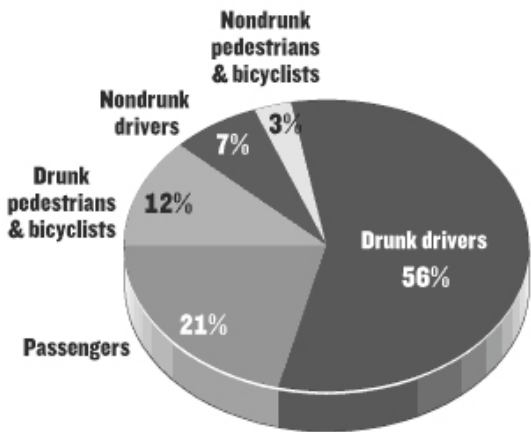
Can you imagine putting your friends’ lives at stake? Can you imagine killing another? When you choose to drink and drive, these are some of the risks you take. However, at La Jolla High School, there appears to be a lack of concern for these risks. Students seem to think of drunk driving as a joke. The attitude towards this serious issue is both shocking and disgusting. In 2010, Mothers Against Drunk Driving and the Every 15 Minutes program worked

with the school to simulate what a real drunk driving accident would be like. Fay Avenue was closed off, wrecked cars were put in place, and La Jolla High School students acted as if they were involved in a drunk driving accident. The fire department and police officers came, and students looked on as the event unfolded. The entire production was well-executed and extremely powerful. Some found the program to be helpful and vowed never to drink and drive again. However, there were those



Photo Courtesy of mircheap.com
Any amount of intoxication can have detrimental effects on others on the road.

Percentages of those killed in car accidents



Source: U.S. National Highway Traffic Safety Administration.

Drunk drivers account for the majority of people killed in car crashes.

who were not so moved by the presentation. These are the type of students who go out on the weekends, get drunk, and, without any regard for the lives they are endangering, get behind the wheel of a car, putting everybody on the road at risk, which is a selfish decision. Many young adults have attitudes that bad things will not happen to them. They already have driven drunk countless times and so far nothing bad has happened. And maybe nothing bad will ever happen. But what if it did? What if you killed someone? It is a morbid thought, but it has to be considered. You never think

that you will be the one in the accident. It does not seem real until it happens to you. You do not want to take someone’s life and ruin your own at the same time. Driving drunk is simply not worth that chance. Driving drunk is a stupid and selfish decision. Designate a driver when you go out. Have a trusted friend you can call when you get stuck at a party. Do anything besides driving drunk or getting into a car with a drunk driver. Learn to respect the fragility of life. You will be saving your own life and those of others.

Sucked Into the World-Wide Web Teenagers & Social Media

By Ben Allen
Staff Writer

It is a wonder that any work at La Jolla High School gets done at all. And it is not just because of sports, parties, or significant others. Procrastination these days lies most rampant in the form of social media. While the preferred site of choice used to be Facebook, students have turned their browsers to other URLs; Tumblr, Instagram, and Twitter reign supreme now, leaving Facebook nearly as desolate as MySpace. Following these new champions of social media is a new age of procrastination. Hours, if not days, are spent checking feeds, updating profiles, reblogging, retweeting, liking, and noting. The list of distracting options and activities goes on for the budding social mediaite. Worst of all, this behavior of blowing off homework to

blog on Tumblr or browse Instagram has become socially acceptable. It’s okay to blow off finals to go update Twitter. The act of choosing Tumblr over work has become so commonplace that the phrase “being Tumbired” has been coined. Proponents of the social media obsession say that these sites build character and identity. But that is simply not true. Users of social media deny themselves what social media was intended to do: bring people closer. Along with procrastination, social media encourages selfish attention grabbing in a society where everything we do must be digitally recorded. Even worse, under the veil of anonymity, cyber bullying and sexual harassment have

also increased as a result of social media. But it doesn’t stop there. Student bloggers will opt to stay home rather than go out with friends. In this way, they (those on social media) deny themselves what social media was intended to do: bring people closer. No one seems to care though, so long as their blogs retain their followers and the trolls stay away. While expressing oneself on-

line is expected in this modern day and age, it should not control the lives of La Jolla High School students. Going out every once in a while is a good thing. Get some sun and let the eyeballs rest. It would be better for all involved if we spent less time blogging and more time doing. Social media’s hold on La Jolla High School students shows no signs of loosening its grip.



Competition: Catastrophe or Crucial

By Mia Kelliher
Copy Editor

Competition occurs in all aspects of high school, including academics, sports, and even social status. At La Jolla High School, which has a respected academic ranking, students have to compete against other students in and out of the classroom. The academic competition at LJHS can be seen as both a positive and negative part of everyday life.

On one hand, it creates an environment where students work their hardest in order to achieve the highest grades, which then gives the school a reputation for having top scoring students. Though this is helpful in obtaining an overall productive and highly academic student body, it puts



Photo Courtesy of getbusymedia.com

immense pressure on students to perform well, which could cause students to either break down or resort to other ways of achieving academic excellence.

Competition in high school is one of the many reasons students have done so well in the past and has kept up the high standards. By offering

many advanced classes such as honors, APs, and college courses, LJHS has plenty of opportunities for students to expand their knowledge and challenge themselves. In these classes, students have to work much harder to maintain an A or B. Junior Alexander Eliopulos said, “[Competition

at LJHS] is extremely high and gets everybody to try their hardest and overall helps them get into college and get better grades.”

Academic competition has proven beneficial in many ways; it has given students the opportunity to take unique classes, to have a notable reputation, and to rank higher among students elsewhere.

Although he believes that LJHS currently has low competition, senior Milan Halgren believes that “what competition there exists is a massive positive.” Halgren expressed that more competition is needed, saying that “We need to grade on a curve...have 30% of the population [not graduate], because there is a sense of complacency that needs to be corrected by more rigorous curriculum and standardized

testing.”

Although competition can be beneficial, it can also result in many negative behaviors. Too much competition can wear students down and become a negative feedback loop. Instead of attaining higher grades and more knowledgeable students, competition can be too stressful for students, causing them to lose hope and motivation, which can lower their grades.

High school is a place where competition has a role in many aspects of student life, but in each aspect, competition produces both positive and negative effects.

At LJHS, competition is a crucial part of the academic quality. The positive outcomes of competition outweigh the negative ones and have caused LJHS to become a highly ranked high school.

BREAKING DOWN

By Emma Scott
Copy Editor

Have you ever looked at a classmate and sized up his threat level? There comes a point in life when you realize that life is every man for himself. And although your peers may not aim for high grades to shove you a step down on the ladder of success, they do inadvertently lessen your chances for a better future just by getting higher test scores.

This dilemma is a reflection of our educational system. And it is frustrating because so much potential and brain power is dismissed when students do not get into college, or when they drop out of high school because of numbers.

For example, consider the SAT. If you are a self-disciplined, well-studied student, it should be a breeze.

However, even the smartest of kids get hit with life's unexpected detours. Now imagine that you are trying to take the SAT the day after a close grandparent passed away. Do you think you would be able to perform at your full capacity? Probably not. But unfortunately, there is no bubble

for “emotional distress” when taking the SAT. The resulting score could mean that another student with the same GPA but a higher SAT score would get into college over you. College acceptance is so competitive these days that every point makes a difference.

Did you not think that that one F you got in math Freshman year would not count? It might. Even a difference of one letter grade could lower your class rank in a school as big as La Jolla High School.

For example, if you are in a graduating class of 500 students and you are ranked number 200, you could still be a 90+ student. At first glance, it would appear that you are not doing well when, in fact, you still have a very high average.

Teenagers should not have this much pressure put on their shoulders. Their abilities to cope with stress and time management are still developing. They may not think that skipping a couple nights' worth of homework could count in the long run, but it could essentially define whether they are working at a burger joint in the next ten years, or if they have a medical degree.

IS EDUCATION PREPARING US FOR THE REAL WORLD?



“In my forty years in the workforce, nothing served me as well as the quadratic formula.”

By Sarah Schug
Staff Writer

High school is tough. Students spend hours doing homework and studying. However, are we learning life skills or memorizing facts that we will forget a week after the test? Many students leave for college in six months, where they will be living on their own. Seniors are already supposed to have chosen a major and know what they want to do with the rest of their lives. Schools should implement classes that teach students knowledge necessary in the real world.

High schools need programs to help students explore differ-

ent career fields. They need classes to help students with scholarships and loan applications. Schools need to teach students how to write a job resume and how to act in an interview for a job or college.

Students need to learn how to manage money, pay taxes, and pay off student loans. Simple programs or classes offered at high schools would prepare students for independence.

With such programs, students are less inclined to have mental breakdowns the moment they leave their parents.

Obviously, it is important to learn math, science, english, and social studies, but instead of the core classes every year,

students should have more opportunities for different elective courses. Classes such as psychology, business, journalism and writing, scientific research, political science, economics, engineering, communication, and art should be offered at every high school. This will allow students to discover their passions and help them decide what they want to pursue later in life.

Awareness classes should also be offered at schools to teach students how to deal with issues such as depression, alcohol and drug abuse, anger, and suicide.

Students need to learn how to think on their own, not how to memorize the periodic table.

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LUCK OF THE IRISH

HOW LJHS STUDENTS

CELEBRATE THEIR IRISH PRIDE

By Haley Richards

Staff Writer

Photo Courtesy of www.people.honestuffworks.com

Saint Patrick's day, March 17th, is a holiday many La Jolla High School students are looking forward to. Saint Patrick's day became an official feast day in the early seventeenth century, commemorating Saint Patrick, and the arrival of Christianity in Ireland. This day has gradually become a celebration of Irish culture in general, with parades, people wearing the color green, and feasting on the traditional meal of Irish corned beef and cabbage.

The Irish have celebrated this holiday for over a thousand years by attending church in the morning and then celebrating and feasting in the afternoon. In Chicago, a massive parade is held every year and the Chicago River is dyed green. La Jolla High School sophomore, Lexe Mccally has attended this parade and celebration many times before moving to La Jolla. "It's a really cool event, but ever since moving here I

don't do much for the holiday anymore," Lexe said.

The largest of the St. Patrick's parades is held in Dublin, Ireland. Taking 18 months to plan, it is considered one of the greatest celebrations in the world. It is a four-day festival, with about one million people who come to celebrate.

In San Diego, students can attend a free, annual parade and festival, held on 6th Ave and Juniper St. by Balboa Park.

Everyone has their own way of celebrating certain holidays. Senior Wyatt Hegeler says, "I'm going to wear my Ireland Speedo to school." As with every holiday, traditions are made. "Every year my mom makes corned beef and cabbage," said junior Julianna Schuetz. Wherever your family comes from, Ireland or not, Saint Patrick's day is a great holiday to celebrate filled with fun activities, parties, and good food. It is never too late to start a green yearly tradition with family and friends!

DIY CRAFTS

By Misha Kabbage

Staff Writer

Do you ever get bored of just watching TV or playing video games? Why not spice up some of the things laying around your house or even add some color to some of your own personal belongings. Need help? Look to these websites for inspiration: craftori.com, pinterest.com, and thebeautydepartment.com. There is always something creative and fun that you can do yourself. Here are a couple of ideas:

Cork Stamps

What you need:

- wine cork
- paint
- inkpad
- craft knife

Choose the end of the cork with the smoothest texture and draw a design using a marker, remembering not to make too many intricate patterns. Take the craft knife and carefully cut around the edges of your pattern, pushing straight down into the cork, about 1/4" deep. Press the blade down and pull it straight up for each cut, using lots of little straight cuts for curves instead of trying to make one long cut. Lay the cork on its side and cut around the circumference about 1/6" down from the end you first cut, and about 1/4" deep so that all the cuts you previously made will be cut free. Gently pull off the carved pieces of cork from the top, and now you're ready to press your stamp into some ink and make some beautiful designs!

Ombre Nails

What you need:

- nail polish (2 colors)
- toothpick
- small sponge

Girls, why get your nails done when you could have amazing salon-looking nails right at home done by yourself?

First, paint your nails with the lighter of the two colors, and wait for them to dry completely. Then, on a flat surface, pour each color out in two puddles, about the sizes of strawberries, making sure the edges of each puddle are touching. With the toothpick, swirl the two colors where they meet. Now, take the sponge and dab it directly onto the whole nail polish puddle a few times. Dab the sponge down on to your nail and keep dabbing lightly while moving it very slightly up and down your nail. For bolder results, wait until the whole nail is dry to avoid smudging. At the end, add a clear topcoat and there you go!

Cleaning House

By Brock Macelli

Staff Writer

Growing up in La Jolla, we are all accustomed to the aesthetic beauty that surrounds us. Everywhere we walk or drive, it's not hard to find a gorgeous view or some unique array of indigenous plants and wildlife.

This being said, La Jolla High School is the very same way, with ocean views from many of the rooms and the beautifully clean quads that accentuate our campus's visually natural beauty.

But the school is not necessarily always this way. The many janitors that we seldom see around campus, picking up trash or fixing something, are the backbone that keeps La Jolla High School in its pristine condition.

The janitors at La Jolla High School tackle each day with a great attitude and a readiness to keep the school at tip-top shape. One of the janitors named Pete, who has been working at La Jolla High School for ten years said, "I love the students, the teachers and getting to watch them interact and learn." Another Janitor, Everett, who has been

at La Jolla for twenty-six years now mentioned, "I really love seeing the camaraderie between the many students and both the positive atmosphere and positive attitudes of the students and the teachers."

They both agreed that the trash problem after lunch has been pretty consistent in their years at La Jolla High, and Everett also said "the beginning of the year is usually worse; then by second semester the older kids have taught the younger ones to pick up and throw away their trash."

While one may see a janitor around during class, picking up trash or driving to and fro,

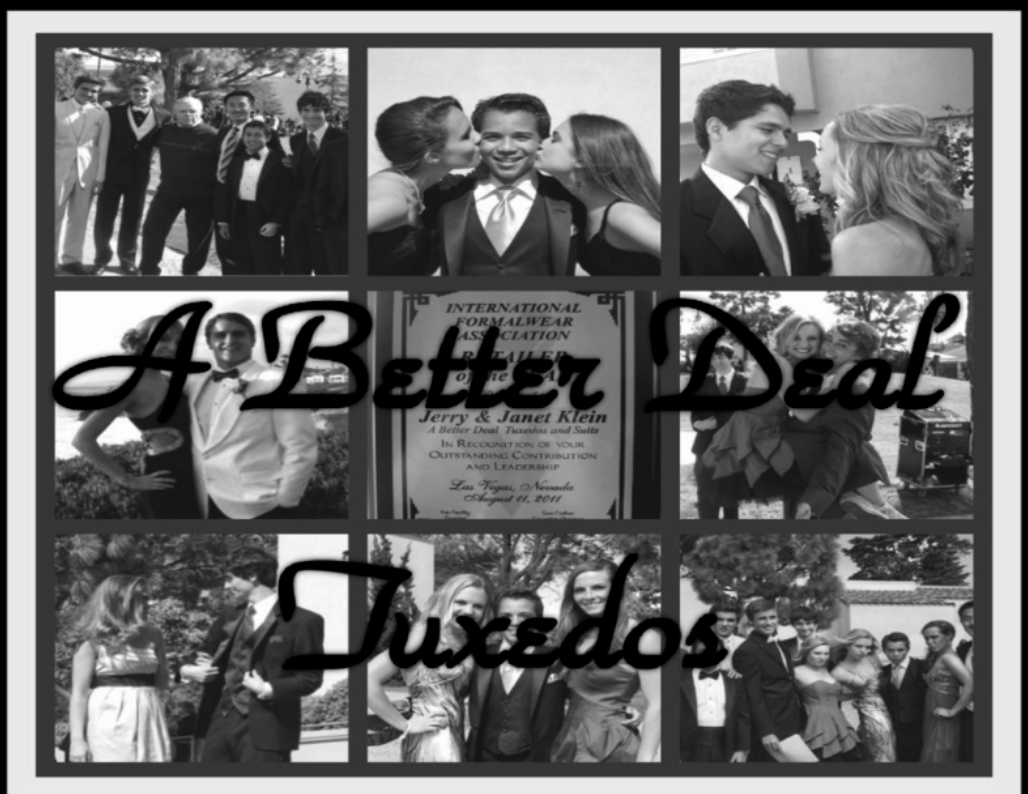
this is not their duty. They are responsible for all after-hours "mischief." Both agreed that senior pranks were the worst, and possibly some of the strangest things they have seen on campus. Pete said, "one year the seniors hung CD's in the trees around the quad to look like snowflakes. Another year they created an entire beach scene on the quad, which was cool and they even came and helped us clean it up afterwards."

These guys are hard-workers and also some of the nicest guys you may meet on campus. They absolutely love the student body, and gratitude is much appreciated.



Photo Courtesy of Jordan Bowman

Mr. Tom Garreston, a familiar face around campus.



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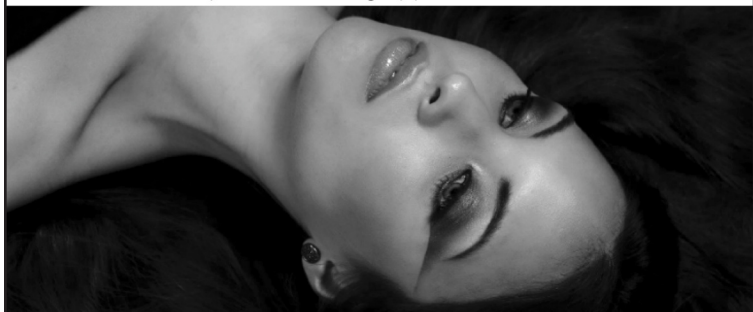
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SEND THE FLU PACKING

By Mia Kelliher and Ali Davallou
Copy Editor and Staff Writer

Nearly every year, right after we return back winter break, flu season begins. Around this time, illnesses among students greatly increase. Reaching its peak in January and February, the flu season plagues a huge number of people each year.

Flu season and the effects of the flu are very pertinent to La Jolla High School because students have an elevated chance of catching germs and sicknesses, as well as being extremely contagious.

Students attend school every day for about eight hours and are in contact with many other students. The flu spreads through germs, but there are many ways students can help protect themselves and prevent sickness from the seasonal flu by stopping the germs before they attack his or her own body.

The flu is a contagious respiratory sickness that is caused by a series of different strains of viruses, and can either have a mild effect or a more serious one on others. “Flu Season” has been known to start as early as October and sometimes lasting as late as May.

The flu season has started off harsher than usual so students should take extra measures to protect their health as well as others. Although high school students are not in the age range that is most at risk of serious side effects of the

flu, we witness many of our classmates miss at least a few days of school as a result of illness.

There are several simple ways students can prevent having a worse flu season, especially by being alert with their own health conditions and making sure they have taken some defensive measures to prevent getting sick. Being sick causes absences, poor health conditions, and a variety of negative tolls on the body—exactly why students should worry about germs.

Stopping the spread of germs is the most natural and easy way to keep oneself healthy. Some steps include taking days off when one is sick—especially if you are contagious. No one wants to be contaminated, so stay home and rest your body. If you have fevers or experience vomiting take cautions to reduce the side effects as well as to refresh your health. Even taking the simplest actions can stop illnesses from easily spreading around school.

Covering your nose and mouth with a Kleenex when sneezing or coughing is a very important one, since many people in public often forget to do so. Another factor that people often forget about as well is washing your hands, periodically as well as after handling anything that could be carrying some germs on it. Properly washing your hands is important: wet your hands with warm, running water, scrub your hands with soap for

about 20 seconds, and rinse; germs can not be spread from student to student this way.

Something nearly everyone has been guilty of is sharing drinks, food, forks, spoons, and chap stick with their friends or even acquaintances that could very likely have germs on it that you may not even be aware of. As a rule of thumb, try to keep all those kinds of things to yourself.

Getting a sufficient amount of sleep is necessary—even though it is hard to find time to sleep in a students busy schedule—our bodies need the rest to recover from a day as well as having a strong immune system.

Drink lots of fluids throughout the day, especially those that contain Vitamin C, because it may help fight off germs in the body. As simple as it may be, water is essential in boosting one’s health. It has numerous benefits including: preventing bacteria, refueling the brain, as well as relaxing the body.

This flu season, you can fight of the germs to keep yourself healthy. By being conscious of easy and effective ways to protect yourself, you can really decrease your likelihood of catching or spreading the virus. It may seem obvious to take these certain precautions because, growing up, we have been taught to do that as a part of everyday life, but these steps are crucial in preventing illnesses from spreading. Wash your hands, cover your cough, get your shot, and you should be golden for this flu season!

By Nasim Kasiri
Staff Writer

Since La Jolla High School has some fashion forward girls on campus, most of the styles we will be expecting from them for the spring season are going to be phenomenal. Even though there are many girls who know how to shop till they drop, some might not know what the expected hot trends of the season are.

“Spring Trends” might typically mean pastels, dull Easter-egg colors, and happy-go-lucky floral prints, but this season there is a strong emphasis of the black-and-white looks. Black-and-white is appropriate to wear year-round, and it is easy to pull off at every budget, and sophisticated enough to wear around school, go to the grocery store, and even for a date night.

Speaking of date night ladies, this spring you will have no problem finding something cute, yet edgy, to wear. Daring cutouts, slits, midriffs, and sheer fabrics were all over the runway for the season’s hot trends. These peek-a-boo options are available for every body shape at stores like H&M, Nordstrom, and even our own boutique LF.

Our styles are always influenced from many cultures outside of the nation, and this season we are seeing influences from India and the Middle East. Beading is a definite yes to add to your spring collection. This surprise of some razzle-dazzle is mixing in with the eye-popping colors that we will be seeing everywhere. But, make sure it’s not too much beading or you will be the one who is known as the disco ball.

The past is coming back to haunt us, but in a good way. Colorful flats and low-heels

are coming back with a twist. The ‘90s were full of pointy-toed shoes and 1-inch heels but now they’re modernized with everything from ankle straps to cylindrical heels. Some shoe designers that are bringing out flats and low-heels in an extravagant way are Jeffrey Campbell, Steve Madden, Michael Kors, and Marc Jacobs. If those are out of your price range, then cute little stores like Forever 21 and Charlotte Russe will definitely be carrying these inexpensive but gorgeous styles!

Since the sun will be shining in Sunny San Diego, you are certainly going to need some OMG-worthy sunglasses to add a runway feel to your everyday essentials. With sunglasses this season, dark shades are the way to go. Hearts, circles, squares, and any other statement-making shapes are making each pair louder and more flamboyant than the next.

As long as you know what’s hot and what’s not for the season, you are all set to shop your hearts out! No matter what style you have, these great tips for the spring season will fit right in.

Social Media Legend: The Myth of the Thigh Gap

By Emma Scott
Copy Editor

If you've been a member of a social media network, you've probably come across a few images depicting one of the most sought after physical attributes known to the internet. This social media legend is known as the thigh gap.

If you're a male and you've read this far, you're probably wondering what a thigh gap is and why a girl would want one. A thigh gap is essentially exactly what it sounds like – a gap between the inner thighs. Why do girls want one?

The answer is found in years' worth of negative

body image campaigns and dangerously thin supermodels on television.

In short, girls want thigh gaps because they think thighs that touch are considered "fat" and "unattractive". However, in reality, most men don't find the stick figure to be alluring.

Yet females still find themselves desperate for space between their legs. Unfortunately the thing they strive to achieve is nearly unattainable. Ladies, as long as you keep skipping meals in hopes of a thigh gap, you will always be unhappy.

The truth is, a thigh gap

is only possible if you have a very specific skeletal structure. A thigh gap actually has nothing to do with your weight. It is more plausible for women with wide set hips, wide spaced femurs, and a wider pelvic girdle to achieve this phenomenon.

However, women with smaller hips, a smaller pelvic girdle, and deep close set femurs have a difficult time attaining a thigh gap, as their bodies aren't built to allow space between their thighs. They would have to be stripped of muscle, fat, and even skin.

Also keep in mind that

the girls on these websites (especially prevalent on *tumblr*) lock their knees, stick out their butts and stand with their heels apart in order to give the illusion of having a thigh gap in their selfies.

If you're still wanting a thigh gap, you can always adjust your posture to make you look thinner, which only goes to show how relative photography is to flattering positions.

If most "tumblr famous" girls can't achieve a thigh gap naturally, why should you hold yourself to these unrealistic standards?

Lastly, remember that the dangerously thin

body type displayed by women in the media is only found in 5% of the female population, and the measuring tape is only getting tighter – 20 years ago models weighed 8% less than a healthy weight and now they typically weigh 23% under that mark.

So don't hold yourself up to the unrealistic standards of Hollywood, social media, and misguided perceptions of men. Your legs – with or without a gap – are perfectly normal and attractive.

65% of males at La Jolla High would rather have a better mind than a better body

78% of the student population claims they are generally happy with the way their body looks

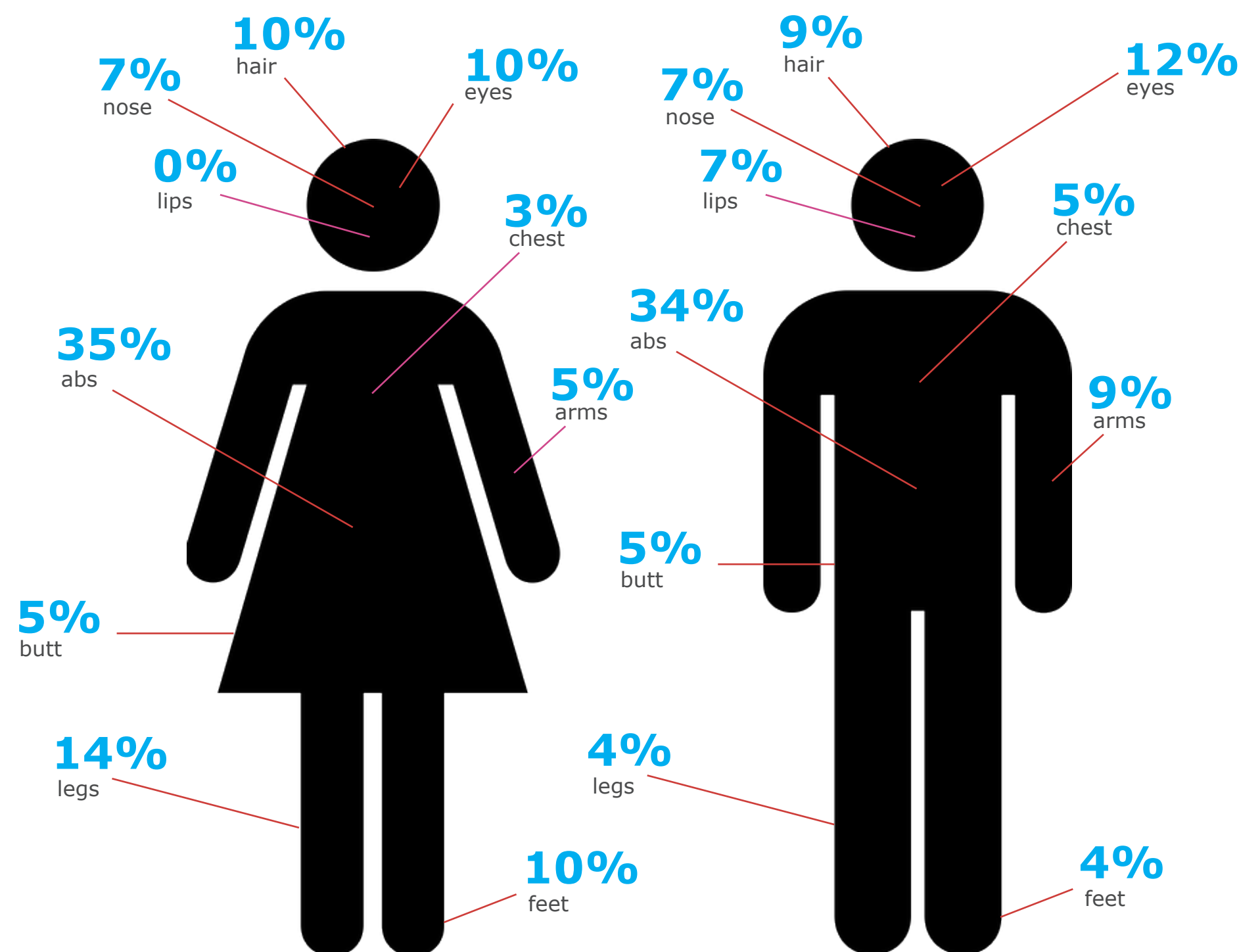
80% of females at La Jolla High would rather have a better mind than a better body

67% of females at La Jolla High think that the average woman's dress size is a 6; the average woman's dress size is really a 14

47% of males at La Jolla High look in the mirror over 7 times a day

72% of females at La Jolla High look in the mirror over 7 times a day

If you could change anything about your body, what would it be?



Beauty is in the Eye of the Beholder

By Waverly Richards
Staff Writer

Around the world today, people in different cultures see beauty in a variety of ways. What one culture may think is beautiful, another culture may see as hideous. We are all different and so is beauty.

While women in our culture would do just about anything to stay or be thin, women in Mauritania are doing the exact opposite. Women in Mauritania are not considered beautiful unless they are overweight! The heavier a woman is there, the more desirable she is. To be specific, Mauritanian women go out of their way to make girls as young as 5 and as old as 19 drink up to five gallons of fat-rich camel's or cow's milk daily just to fatten them up.

In Iran, women cover up most of their bodies, so that the only part visible is their faces. Some Iranian women have nose jobs done, to get that "perfect nose." These women sometimes judge each other based on whether or not they have had a nose job. There, women are seen as beautiful and classy if they have this procedure done.

As human beings, we owe it to ourselves to understand that being beautiful is being happy, because the physical appearance of "beauty" varies in different places, however happiness does not.

A Time for Reflection

At LJHS, there are 3 or more mirrors in each girl's bathroom, but there is only one mirror in all of the boy's bathrooms combined.

Feel good in your **CURVES**

By Jordan Linsky & Waverly Richards
Staff Writers

In modern day society, images of half-naked, stick thin models are plastered on posters, web pages, and television commercials. Being constantly confronted by such images, it is no surprise that many girls develop unhealthy body images. Thanks to modern media, having a little "extra meat on your bones" is no longer viewed as healthy, but fat. Women need to shut out the unrealistic expectations of the media and be comfortable in their curves.

Marilyn Monroe, debatably one of the sexiest women of all time, was between a size twelve and sixteen. Curves were viewed as sexy in the 1950's and should still be beautiful in 2013. However, media promotes sickly thin women. The average Victoria's Secret Model is 5'10 and weighs a mere 112lbs, while the average woman is 5'4 and 135lbs.

When going from Marilyn Monroe to Victoria's Secret models, it becomes apparent that there is a drastic change in the world's perception of what beauty embodies. No one knows who decided that full figured women were no longer attractive, but it is obvious that there is a dis-

torted view of reality.

"It's sexier when a woman is comfortable in her own skin, rather than try and look like a Victoria's Secret model, which is just unrealistic," stated senior Keller Mattoon. However, that is not to say that all media outlets present unhealthy looking models. Dove commercials now feature many different women of all shapes and colors. *Sports Illustrated* also spotlights healthy, full-bodied models in their swimsuit issue every year.

These companies show that it is possible to not only be comfortable in your curves, but be viewed as sexy as well.

If you are still feeling down about your body image, just remember that a positive, optimistic mindset can help you achieve a solution to your problems. Keep in mind that it all starts with recognizing that your body is your own, no matter what size or shape it comes in.

David Beary, a senior at La Jolla High school says, "I think the most beautiful girls are the ones who feel most comfortable in their own skin. Girls that are confident with themselves and are happy with the way they look

are the most attractive to me. And to be completely honest, I like a girl with curves!"

As human beings, we need to accept that we are always going to be imperfect. If everyone was perfect, then no one would be unique or original, and that would take away the fun in life.

Living a healthy lifestyle with exercise can be the answer to improve the way you choose to live your life. Exercise controls your weight, boosts your energy, improves your mood, and combats health conditions and diseases! Jennifer Lawrence, a famous actress from the *The Hunger Games*, otherwise known as today's "Hollywood's favorite obese actress" says, "I don't want little girls to be like, 'Oh, I want to look like Katniss, so I'm going to skip dinner.' That's something that I was really conscious of during training, when you're trying to get your body to look exactly right. I was trying to get my body fit and strong, not thin and underfed."

Being a full-figured woman is not equal to fat. Women are meant to have curves, and people need to learn how to embrace them. Being real and healthy is sexier than any other look.

Eating Disorders

By Mae Goodjohn
Student Focus Editor

Many times, eating disorders are overlooked when thinking about chronic illnesses that effect high school students. It may be a surprise to learn that an estimated 11% of high school students have been diagnosed with an eating disorder. In fact, anorexia is the third most common chronic illness among adolescents. Media, the stress of school, and unrealistic standards for body image at La Jolla High only serve to exacerbate this problem.

Studies show that the most common behavior that will lead to an eating disorder is dieting, yet it is normal to see girls on strict diets at our school. According to a recent study, 50% of females from age 18 to 25 would rather be run over by a truck than be fat.

If you know someone who is struggling with an eating disorder, here is what to do:

1. Do not ignore the signs
2. Confront the person
3. Direct them to a professional
4. Tell their parents, teachers, school nurse, or counselor

All facts courtesy of http://www.ndsu.edu/fileadmin/counseling/Eating_Disorder_Statistics.pdf and education-portal.com



"First, people say how so many actresses in Hollywood look anorexic, and now they are criticizing me for looking normal"

Jennifer Lawrence



"To all the girls that think you're ugly because you're not a size 0, you're the beautiful one. It's society who's ugly"

Marilyn Monroe

Spring Sports Intro

By **Nessie Navarro and Lauren Robbins**
Staff Writers



Photo Courtesy of Wendy Nettleton

Sophomore Katja Sarain at the plate during practice.

Baseball

Sophomore Thomas Zlatic is looking forward to having a winning season. Zlatic said, “We want to get a lot of wins and we can do it because we have a lot of returning sophomores and they’re really good. We will definitely be playing our hardest to help us get well into CIF.”

Men’s Golf

Both the women’s and men’s golf teams at LJHS are always accomplished. The men’s team is a good competitor for the CIF Championship this year.

Senior Sachin Mehta said, “The team this year should be successful. We had a good season this year and we hope to continue that by practicing a lot and working on technique.”

Track and Field

The track and field team is one of the strongest teams at LJHS. It sends multiple people to State CIF every year and this year it hopes to do the same.

Senior Kelli Hancock, a star sprinter, said, “We want to go back to State this year. The team also has our sights set on breaking school records and also records on a larger scale.”



Photo Courtesy of Sarah Devermann

Track runners starting their first runs of the season.

Swim

Although the swim team graduated many important players, it still looks strong because most of the swimmers have been training year-round, some by playing water polo.

Junior Westin Waldburger mentions, “The season will be interesting, but in the past we have been strong and we plan on staying that way. I have been training hard and I want to play a bigger role on the team by bringing down my times. By the end of the season I hope to have college level swim times.”

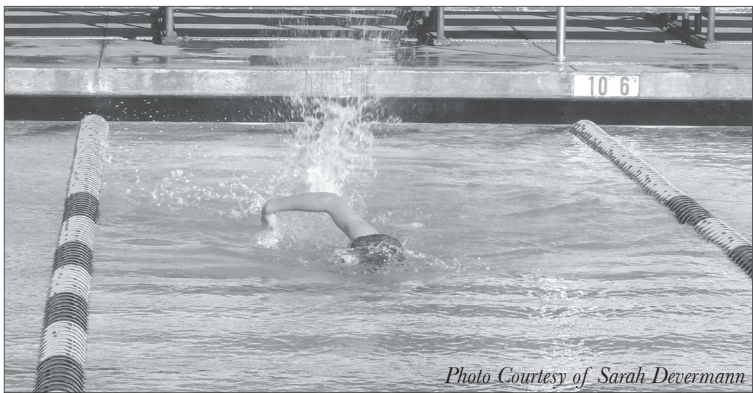


Photo Courtesy of Sarah Devermann

Sophomore Jake LaBeau working on his freestyle stroke.

Softball

Sophomore Katja Sarain exclaims, “We’ve been okay, we win a few and we lose a few. This season is important and may mark the start of better seasons to come. Our team is planning on focusing more during practice and practicing outside of school as well.”

The team has not had a strong season in a couple seasons, but Sarain and the rest of the team is working hard to change that.

Badminton

Even though Baminton is not well known at La Jolla High School, the team is still very competitive and it has done well over the past couple seasons.

Senior Adrielle Wai mentions, “Of course the team wants to win a lot this season. There are a lot of returning players and our mixed doubles teams are great. The best part of the season, probably for many other teams here, is CIF Tournament play. We are really looking forward to that and hope to do well.”

Women’s Lacrosse

This upcoming season should have a positive outlook, due to the talent of returning and new players and also a new coaching staff.

Varsity returner, Junior Emily Young said, “We recently had our first scrimmage and the team showed good energy and field sense, two things that are very hard to coach.”

Men’s Tennis

Another strong team at LJHS, men’s tennis, is looking strong for a CIF Championship.

Senior Lawrence agrees, “We really want to win CIF this year. The team has moved up significantly and it is just really solid this year with eight seniors backing it. I personally want to do well in the CIF Individual Tournament and mostly just have fun with it.”



Photo Courtesy of Sarah Devermann

Senior Lawrence Rand playing King of the Court.

Men’s Volleyball

Senior Cameron Baggett mentioned that, “The team is looking forward to our annual trip to Hawaii. The tournament is obviously in a great spot and the competition is good. Besides Hawaii, we also want to make a run for a CIF Championship. This is the last year we have before we are moved up to Division I.”

Men’s Lacrosse

This 2013 varsity team will be led by a strong senior class and a new varsity head coach. The team is hoping on having a successful season and making it well into CIF Playoffs.

Junior Tristan Saeed said, “Our new coach, Tommy, is bringing new aspects of the game that will help us become a more competitive team.”



Photo Courtesy of Wendy Nettleton

Senior Coleman Lee passes off a ball to a teammate while during an offensive play.