

# Nike: Just Do It

By Lily Kennedy  
Staff Writer

Most consumers looking for high-quality workout clothes turn to Nike to receive durable, fashionable items. Nike’s simple motto of “Just Do It” has spread worldwide, just like all of its products.

Nike’s latest styles in footwear combine colorful and comfortable and have been the recent must-have when it comes to athletic wear. Whether it is Free Runs or Wedge Sneakers, Nike’s shoes are seen pounding the pavement.

New watches made by Nike are also making their way into the spotlight with their advanced tracking capabilities and sleek design.

According to *nikeinc.com*, the first Nike training shoes were launched in 1972, and used innovative technology. The first shoes Nike created had “an outsole that had waffle-type nubs for traction” and were still lighter than the average training shoe.

Since 1972, Nike has held standards for shoes that hold purpose for a variety of activities, including sponsoring Team USA in the Sochi 2014 Olympics.

Carissa Gump, a 2008 Olympian, remarked on Nike’s latest patronage toward USA Weight lifting: “Many of our athletes have been wearing Nike Weight lifting shoes in training and competition for years. We are very excited to welcome them into the USA Weight lifting community.”

The bright and colorful Nike running shoes are another product that has quickly gained popularity among the masses. Nike has changed the view of the awkwardness of a

running shoe into a sleek and comfortable new form. Recently, Nike has debuted new technology that allows athletes to track their daily exercise. The new Nike FuelBand has quickly caught the eyes of many with its sleek finish and endless capabilities that any athlete would desire.

The band is able to track sleeping patterns, count steps taken in a day, tell time, measure calories burned, and set goals. With its Bluetooth technology, it can be connected to a smartphone to view progress while on the go. This technology has been

compiled into a sophisticated bracelet that comes in a variety of different accent colors.

The size of the band is the most surprising feature, because it has the ability to track all of the body’s activity just by its placement on the wrist. No longer does one have to go to the gym and work out on a machine just to count the amount of calories burned. Now, the band can be used anywhere and its information can be gathered easily through different user-friendly Nike apps on a smartphone.

Reed Vickerman, a junior at La Jolla High School, raves about his own Nike FuelBand; “The lightweight design allows me to engage in everyday activities without dealing with the bulkiness of a watch or phone.”

Nike is quickly gaining popularity with its inventive designs, comfortable products, and aesthetic genius. Nike’s new, sophisticated watches hold great purpose in a simple compact design, while their running shoes are practical and preferred for a wide variety of athletic activities.

Photo courtesy of Creekstar Allan



Blake Shores goes against sports trainer Ben during the Senior vs. Faculty basketball game.

# Is Two Too Much?

Students playing both club sports and high school sports experience positive and negative effects.

By Rachel Carroll  
Staff Writer

Club sports have become very popular with many high school athletes. The students who play club sports usually play year-round, including the summer.

On the other hand, high school sports are played during specific seasons. For most sports, students take a break from the club sport during the high school season. However, if a student wants to play a sport other than the club sport, the seasons overlap. Some think playing two sports is beneficial, while others believe that playing two sports at the same time is a problem.

There are many positive reasons for students to play club and high school sports simultaneously. The advantage of playing club sports year-round is primarily to help a student consistently increase their skills throughout the year. If they take a break from their sport, their skills may get rusty, and they will fall behind.

Additionally, if a student wants to play in college, the student will need to be able to play at a very high level. Club sports provide athletes with the high level of play necessary to prepare them for college competition.

Playing another sport at the

same time as the club sport can help them to increase athletic abilities.

For example, a basketball player who also does track can increase their speed and stamina with track workouts. Also, some of the best athletes are on club teams so with high school players playing on club teams,

**“For a lot of people, especially at the high school age, I think it can be too much at times.”**

**-Coach Frank**

the high school teams may not be as strong.

However, there are some people, who believe that it is not acceptable for athletes to combine club and high school sports, as they may have conflicting practice schedules.

This may negatively effect both the high school and the club team. Some coaches and athletic trainers believe that it is unsafe for students to be playing two sports at the same time.

LJHS’s Coach Frank says, “I think it should go on an individual basis; every student’s different. There are some students that can handle that extra time, that have their time

budgeted, that can do two different sports, and get their homework done. For a lot of people, especially at the high school age, I think it can be too much at times. It’s a decision that each person, each family, should decide for themselves.”

High school students have developing bodies, and can easily be overtrained. For example, if a student runs six miles in a track workout, they may run the equivalent of another six miles in a two-hour soccer practice, which could lead to an injury. Both coaches may try to work the athletes as hard as they can. This will not allow the athletes adequate recovery time, especially with a growing body.

It is virtually impossible for an athlete to be able to put his or her very best effort into both practices. This may effect the cohesion of both team, as the teammates may feel like the athlete is not putting their best effort forward in practice.

There are conflicting opinions on the value of a club sport and a high school sport at the same time. Each sport is different and each athlete is different. The decision on whether or not a student athlete should play both sports should be made by the student with input from both coaches and the student’s parents.

# Alternate Exercises

By Lauren Robbins  
Staff Writer

Not every person is the same, so why does everyone feel they have to exercise the same way?

Lately, there has been increasing popularity for alternative forms of exercise that can suit anyone’s desires.

**Pilates** is a great form of exercise because it’s similar to yoga, while focusing more on strengthening the core and the surrounding muscles. The main goal is achieving the right form rather than the burn. Pilates helps with coordination, balance, and improves posture.

Popular Pilates studios in La Jolla are: Pilates Plus, Pilates of La Jolla, and White Light Pilates.

**Insanity** isn’t a workout routine to be taken lightly. It requires serious dedication and motivation to get through the 60-day plan. According to *lifestyleupdated.com*, it’s worth all the hard work because it yields great results.

**Cross Fit** is another type of hard core workout for those serious about getting in shape. Cross Fit is not specialized to the individual; its main purpose is “universal scalability.” It includes workouts ranging

from broad, general, to inclusive.

Yet another type of alternative exercise is **Zumba**. Zumba is an aerobic fitness program that combines Latin American dance into resistance training of short and fast intervals. Zumba is fun because it incorporates Latin music into yet another intense workout routine.

Insanity and Zumba are easily attainable and can be done from the home while on the other hand, one can go to Pilates and Cross Fit classes. There’s a perfect workout for everyone.

# Upcoming Sports Events

**Badminton**  
4/8 vs. Mira Mesa

**Boys’ Lacrosse**  
4/8 vs. Cathedral

**Boys’ Tennis**  
3/29 vs. Scripps Ranch

**Boys’ Baseball**  
3/28 vs. Patrick Henry

**Girls’ Lacrosse**  
3/28 vs. Cathedral

**Girls’ Softball**  
4/9 vs. Mission Bay

**Track & Field**  
3/29 Mt. Carmel Invitational

**Boys’ Golf**  
4/7 vs. Scripps Ranch

**Swim Team**  
3/28 vs. St. Augustine

**Boys’ Volleyball**  
4/9 vs. Scripps Ranch



# Can You Bear an ACL Tear?

Many LJHS athletes have recently torn their ACL's, preventing them from participating.

By Lily Kennedy  
Staff Writer

High school athletes are constantly pushing themselves harder to become better, faster, and stronger. They challenge their bodies to cope with the hard practices and intense workouts.

Listening to what your body needs and performing flawlessly at the same time is nearly impossible, yet students continue to push themselves to the breaking point.

For many students at La Jolla High School, the breaking point is a tear of the anterior cruciate ligament (ACL). According to the National High School Sports-Related Injury Surveillance Study, "approximately one ACL tear occur[s] every 15,000 times an athlete practiced or competed."

The chances may seem slim; however, with competitive contact sports, the injuries are seen quite frequently.

An ACL tear is unlike many other sports injuries because of the large possibility for the need of surgery.

According to Dr. Dawn Comstock, around 60 percent of all sport-induced surgeries are for the ACL.

Also, girls are eight times more likely to tear their ACL than boys. The reason for this increase in risk in girls is mainly due to the differences in body make-up between the two sexes.

Kaiser Permanente explains that girls typically plant their feet while their body is in an upright position with the knees not very bent, causing "some inward rotation in the knee," which is usually too much stress on the ACL.

Emily Young, a senior, and Helen Lee, a sophomore, are both recovering from ACL tears that occurred several months ago. For them, the cost of tearing their ACLs was six

months of recovery, excluding them from their playing during their 2014 lacrosse season, Lee's basketball season and most of Young's field hockey season.

Young and Lee are still contributing to the girls' varsity lacrosse team with their constant support and coaching help. If all goes well, Young may even have the chance to play toward the end of the season.

Lee remarked, "I get cleared to play sports at six months but it's really around nine months that I'll be 100%." She is optimistic about continuing to play high school and club sports after her full recovery.

Young continues to look at the benefits of her ACL injury opening her perspective; "Tearing my ACL has been a very frustrating experience, but it has also opened up my eyes to fields that really interest me like biomedical engineering and radiology."

# Keeping Track

Track & Field takes a turn with a whole new set of coaches, and athletes aspiring for success.

By Lauren Roberts  
Staff Writer

Throughout the past four years the track team has had 2 different coaching staffs and now is on their third.

For the last 2 years, Gregory Simmons served as head coach as well as sprints coach, along with Willy Banks (former Olympian), as jumps coach, and Robert McCarthy as distance coach.

This year, the coaching staff completely changed. Jason Karp became head coach and distance coach, Jeremy Spears became head sprinting coach and Scotty Gilbert became jumps coach.

This has completely changed the dynamics of the track team. Having the previous head coach be over the sprinters made him focus more on the sprinters. As the distance coach, he tends to focus more on the distance runners.

Not only has a lot changed with the coaching staff, but amongst the athletes as well. Last year, the girls placed 2nd overall at CIF.

Big contributing points came from the 4x4 team, made up of Karly Zlatic (12), Kelli Hancock (12), Jenna Harmeyer (10), and Satori Roberson (9). This team won CIF, advancing to state.

Zlatic and Hancock also placed 1st and 2nd in various events such as long jump, hurdles, 200 m, etc. These two girls both graduated, and Harmeyer will not be returning.

This leaves just Roberson, now a sophomore, as the only returning member left on the 4x4.

Although there are many members of the team this year, the team is made up of freshmen. Though this may mean our team may not be as full of stand out athletes and place in

CIF as a team, there will be a lot of building from the bottom. Senior and returning track member, Connor Hayden said, "This year the coach really wants to focus on getting everyone entered into the meets instead of just focusing on the top athletes." This is a huge change; it's more of a team effort then it has been in the past.

Kurt Rustin, another senior and returner added, "I think the coaching is more organized with the meet schedule and all that."

When head coach Karp was asked what his goals for the season are, he answered, "To establish a smart, structured system of training, in which each athlete has the best chance of success." He also mentioned he plans to stick around at La Jolla High for a while.

This coach has a whole new method and is ready to put it into action.



Swim team practices time trials to prepare for the 2014 season.

Photo courtesy of Creekstar Allan

# Athletes' Injuries

Many student athletes don't allow for enough recovery time.

By Rachel Carroll  
Staff Writer

La Jolla High has many student athletes, some of whom play on the high school teams, while others play club sports, and still others may train on their own at gyms, or even in their bedrooms.

Unfortunately, most athletes, at some time or another will become the victim of a sports injury. Whether it is a bruise, a strain, a sprain, or even a fracture, all injuries require some level of rest and rehabilitation.

When an athlete plays on a team, both the athlete and the coach want the athlete to get back to training as soon as possible. Returning someone to the field is the goal.

This is a problem if the injury occurs at the end of the season because neither the athlete nor the coach want to miss out on the play-off

or championship games. The problem is that a small injury can become a disabling injury if they do not have the proper rest and rehabilitation.

Coach Conway, the LJHS Athletic Director said, "Each situation and athlete is different. My first recommendation is for them to see Ben Lowe, our school trainer.

"I try and adjust to the athletes' needs to try to help get them back to full strength as soon as possible."

It is important for high school athletes to be much more cautious than a professional athlete. High school athletes have bodies that are still developing and they are more susceptible to long-term injuries.

If you have an injury, it is important to discuss it with the coach, a trainer, and your parents, prior to resuming strenuous training.



Alyssa Burnley pole vaulting at a recent track meet (above). Marina Movellan pole vaulting, and a baton run (below).



Photos courtesy of Creekstar Allan

# Intro to the 2014 Girls' Lacrosse Season

A look into the first month of training with 4 year varsity athlete, Emily Young.

By Tristan Saeed  
Staff Writer

Last year was one of our girls' lacrosse team's best. With an overall record of 12-5, the girls made it to the second round of CIF until losing to La Costa Canyon. 2013, however, also proved to be the last year for a significant amount of players, as Wendy Nettleton, Sarah Alton, and Emily Dinnerman

graduated; while Emily Young and Helen Lee are unable to play due to their devastating ACL injuries.

Here is injured senior Emily Young's opinion on her outlook for the 2014 season:

Hi-Tide (HT): If you could describe last year's team in one word, what would it be?

Emily Young (EY): Cohesive

HT: What about this year?

EY: Young.

HT: Why?

EY: This is definitely a growing year. It's inevitable that it's going to be a slow start, but I think that we'll be able to push through adversity and come out on top.

HT: How long until you yourself are able to play again?

EY: I'll be back on April 11.

The girls' team is off to a slow start, but only time will tell if they are able to pull it together.



...continued from page 1

cut to accommodate the introduction of the new courses.

At the La Jolla Cluster meeting on March 20, Dr. Podhorsky spoke to the attendees about potential course pathways at LJHS. He felt that any new paths that La Jolla High proposes should be commu-

# A Day in A Chair

Med-Sled Training and an eye-opening event for LJHS

By Lilly Grossman  
Copy Editor

On Wednesday, March 19, LJHS had Med-Sled Training for fourteen volunteer students and four faculty members. The training was held in the upper 500 building after school.

Students learned how to use Med-Sleds to evacuate someone from the second floor in case of an emergency. Med-Sleds are made of durable plastic and they can be low-

nicated to all stakeholders, including the students, parents, and community before anything is implemented.

Podhorsky also believes that anything and everything that is proposed must be looked at from a “long term vision standpoint,” and that in his tenure LJHS will not have any “standalone courses.”

ered down a staircase by a pulley system.

After the training, the participants received a certificate saying that they had been “Med-Sled Certified.” There was a raffle to see who would get a wheelchair the following Monday for the *Day in a Chair* event.

On Monday, March 24, LJHS hosted the *Day in a Chair* event. An event put on by the non-profit organization called HeadNorth, a *Day in a Chair* provides participating institutions with twelve manual wheelchairs for a day. By volunteering, participants go through an entire school or workday, while navigating the daily challenges of being in a wheelchair. In some cases where there are more than twelve volunteers, organiza-

By Janet Shackleton  
Staff Writer

As those who attended the annual Senior vs. Faculty basketball game on March 21 know, the faculty beat the class of 2014 36-25. The game was entertaining and intense. Coach Carter was a star player on the faculty team, helping guide them to victory and maintain the faculty’s winning streak over the seniors. Maybe next year Vikes!

tions can host half-day shifts or even multiple days.

LJHS did a morning and an afternoon shift where a total of twenty students and three faculty members spent a day maneuvering their normal routine in a wheelchair.



Bettie Coy, Vaill D'Angelo, Kaitlyn Wheeler, and Maddie Bolinger all participated in *Day in a Chair*.



Senior, Ian Brininstool, sang the national anthem for the student body and faculty before the game.

At the end of the day, the students and faculty had to fill out an evaluation on what they experienced and learned from being in a chair.

Many participants said they didn’t realize how many hills there are around campus

and how they had to navigate around the entire school to get to the upper 500 and 700 buildings. Participants agreed that they wanted to do the event again and they should’ve done it for more than just a half-day.



Congratulations to all of our Summa students including the twenty-seven who received perfect scores on the SAT .

Claudia S.	CCA	2400	Kevin F.	WVHS	2400	Amanda K.	CCA	2370	Erik S.	Bishop's	2330
B.H.	Bishop's	2400	Scott K.	CCA	2400	Jeffrey L.	RBHS	2370	Michael Z.	WVHS	2330
Alice X.	CCA	2400	Dan K.	TPHS	2400	Jenny C.	Bishop's	2370	Patrick C.	WVHS	2330
Brandon H.	WVHS	2400	Ashwin R.	CHS	2400	Lucy A.	TPHS	2370	Richa C.	MCHS	2330
Bryan T.	WVHS	2400	Preetam S.	FPHS	2400	Mark S.	SRHS	2370	Zachary Y.	LJHS	2330
Cameron R.	WVHS	2400	Steven T.	TPHS	2400	Apoorva M.	TPHS	2370	Allen C.	LJHS	2320
Jeffrey G.	CCA	2400	Joy L.	TPHS	2400	Ajay N.	DNHS	2360	Emily Y.	WVHS	2320
Madhavi R.	CCA	2400	W.H.	SRHS	2400	Charles H.	WVHS	2360	Justin W.	TPHS	2320
Nathan N.	RBHS	2400	S.C.C.	Bishop's	2400	Peter K.	TPHS	2360	Lang T.	CCA	2320
Oliver R.	CCA	2400	Natalie K.	TPHS	2400	Shaleen S.	WVHS	2360	Nada A.	TPHS	2320
Raj K.	WVHS	2400	Jonathan K.	TPHS	2400	Kevin Y.	Bishop's	2360	Nicole R.	CCA	2320
Stephanie G.	CCA	2400	Noah T.	CCA	2380	Yara G.	TPHS	2350	Sharanya I.	MCHS	2320
Tina V.	CCA	2400	Ashley C.	CCA	2380	Amy C.	TPHS	2340	William L.	RBHS	2320
Maria V.	CCA	2400	Brenton C.	WVHS	2380	Christine C.	CCA	2330	Alexander C.	WVHS	2310
Timmy S.	TPHS	2400	Grace C.	RBHS	2380	Chul Min P.	ORHS	2330	Amy C.	CCA	2310
Jacqueline P.	WVHS	2400	Jessica F.	RBHS	2380	Eric C.	CCA	2330	Ashley T.	CCA	2310

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# Late Night with Jimmy Fallon

By Lana Bass  
Staff Writer

Another era ended as Jimmy Fallon, a 39 year-old comedian and satirist from Brooklyn, New York, replaced notorious late-night TV show host, Jay Leno on "The Tonight Show" on February 6, 2014.

So, who is Jimmy Fallon? Fallon started his career in standup comedy, performing at various comedy clubs in New York and Los Angeles. By 1998, armed with notorious celebrity and musician impersonations, he auditioned for NBC's "Saturday Night Live".

Fallon landed a prominent gig on the 1998-1999 season of SNL, earning him a Primetime Emmy Award for Outstanding Guest Actor in a Comedy Series. Fallon has been praised for his ability to pull off spot-on impressions, which became a captivating part of his own show, "Late Night with Jimmy Fallon," which premiered in 2009. His show, composed of parodies and interviews, has caught the attention of many Americans, mostly those in the 18 to 49 demographic.

In contrast, 63-year-old Jay

Leno has appealed to the older, mellower, post-college American audience. In 1992, Leno caused major controversy when he replaced Johnny Carson on The Tonight Show. In 2009, he left to create his own show, The Jay Leno Show. After an insightful timeslot conflict with Conan O'Brien, Leno returned to "The Tonight Show" in 2010.

Leno's final show as the host of "The Tonight Show" featured his final guest Billy Crystal and musical guest Garth Brooks, along with a few surprise guests including Jack Black, Kim Kardashian, Jim Parsons, Sheryl Crow, Chris Paul, Carol Burnett, and Oprah Winfrey.

Fallon's lineup for his first week as host included First Lady Michelle Obama, actors Will Smith, Bradley Cooper, and Kristen Wiig, while U2, Arcade Fire, and Lady Gaga provided the musical talent. His more memorable skits include "The Evolution of Hip Hop Dancing," Will Ferrell figure skating to the Downton Abbey theme song, Celebrity Charades and a Fallon-Timberlake collaboration of "The

History of Rap 5."

When Fallon took over, many wondered if this shift in the late-night show franchises would work out.

Looking at late-night shows of the past, O'Brien opened with an average audience of 6.4 million, Leno's return averaged 5.8 million and Kimmel rounded to 3.1 million. Fallon has pulled in roughly 8.5 million viewers each night so far making it the franchise's most-watched week since the "Cheers" finale aired in 1993.

For NBC, however, the long-term issue was not so much the number of viewers as much as their age. With Leno as host, "The Tonight Show" had an average audience of 60 years old, late-night's oldest demographic for that timeslot. "Late Show with David Letterman" 's average is around 55 and when "Late Night with Jimmy Fallon" was on, the average was around 50 years of age. Time will tell if The Tonight Show with Jimmy Fallon will decrease the average age for NBC in regards to viewership.

# All Hail U2

**As rumors spread that the Irish band will be releasing new music and touring in 2015, we explore their career**

By Shane Lynch  
Staff Writer

With the release of "Boy" in 1980, rock band U2 entered into the UK music scene. Consisting of four eager young musicians from rural Ireland, the group didn't meet the success they'd hoped with "Boy" with only minimal recognition.

Even so, they persisted, and 34 years later, they are known around the world and have become one of the most successful and iconic bands in history. From their humble origins, they've gone on to inspire millions through their music, charity work, and commitment to the promotion of love and peace throughout the world.

The group first found significant acclaim in 1981, after the songs "Sunday Bloody Sunday" and "New Years Day" reached the top of the charts in the UK. With the release of their album "The Joshua Tree" a few years later, U2 became one of the most popular and successful bands in the world.

Since their beginnings, they've gone on to record 12 albums and numerous hit singles, including "Ordinary Love," which won a Grammy this year for its appearance in the film *Mandela: Long Walk To Freedom*. Their songs ultimately focus on themes of peace and individuality.

Much of U2's impact has derived from the band's commitment to humanitarian causes. Lead singer Bono has personally taken numerous trips to third-world countries afflicted with violence and poverty, using a majority of his musical profits to benefit impoverished nations. U2 often challenges oppression and conflict in their lyrics, particularly in the songs "Mothers of the Disappeared" and "In the Name of Love," which was

dedicated to Dr. Martin Luther King Junior.

Their efforts have been focused primarily on Africa, with profits from their recent song "Invisible" going towards the prevention of AIDS across the continent. "The fact is," said Bono, "ours is the first generation that can look disease and extreme poverty in the eye, look across the ocean to Africa, and say this, and mean it. We do not have to stand for this."

The popularity of U2's songs doesn't derive purely from their themes, however. They are also extremely appealing from a musical perspective. Perhaps most signature are the distorted riffs of The Edge, the band's lead guitarist. This individualistic appeal helped them to establish a unique sound during the techno-heavy (and repetitive) 80's,

aided as well by Bono's vocal strength and stage presence. He has even been known to involve the crowd in their concerts, going as far as kissing random viewers.

While U2 has yet to reach the same success they found with "The Joshua Tree," they continue to churn out new songs and are considered by many to be one of the most prolific bands of the last decades. They have persisted through changing musical tides and still manage to land unscathed on the top charts.

Even though U2 has yet to finish producing new music themselves, their legacy is still inspiring to bands today. They have influenced bands like Coldplay and Muse, while their charity efforts have helped millions across the world. As Bono once said, "Music can change the world because it can change people. That is our hope."



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# Artists of La Jolla:

Profiles by: Misha Kabbage,  
Lana Bass, Emily Veliz,  
Lindsey Young, and Carly  
Neville

Staff Writers

All photos courtesy of Creekstar Allan

## Visual Arts



**MATTY TAYLOR:**

Taylor is a senior here at La Jolla High and has been drawing, sketching, and doodling for years. He claims that he cultivated his art through “mind expansion,” which led to the evolution of his art from simple doodles in his notebook, to full pen sketches on canvas paper.

When asked how our school and town influence him, Taylor replied: “The ceramics courtyard is really the only place in the school that has artwork (other than the senior benches). La Jolla is typically close-minded as far as art goes compared to progressive places like North Park where people express themselves more artistically without judgment.”



**ZEHRA BROHANNON:**

Brohannon, a junior, has been a serious artist since 8th grade, when she got her first drawing tablet. Brohannon specializes in Digital Art, which is a form of art that uses technology as the primary part of the creative process. When asked how she got involved in art, Brohannon replied: “When I posted my stuff online on sites like DeviantArt, I started to get more involved in the art community.”

Out of all the mediums, why digital? “I picked this medium of art because I’ve always been really interested in fine details,” she explained. Brohannon believes her inspiration is all around her. “Everyone’s my inspiration. I like looking at how people interpret different forms of art.”

When asked about her personal style, she replied “I don’t have a defined style. I guess if I’m really inspired by something, I will conform into that.”

When asked her opinion on

how the school influences her art, Bohannon stated, “Just a couple years ago, digital art wasn’t really considered a thing. So I think that the art classroom environment has opened up different worlds of art. It’s also made me feel more comfortable.” She also added, “I see people with similar style as mine...I think to myself, ‘Oh okay, I’m not an outcast.’”



**IRENE DEA & TESSA LOWE:**

Senior Irene Dea says her style of art is. “...whimsically realistic.” Dea is known for her captivatingly playful drawings and paintings. When asked what her inspiration is, Dea replied, “I’ve always loved to draw, and I’ve been inspired by famous paintings. My biggest inspirations are animation, colors, food, and painters like Wayne Thiebaud.”

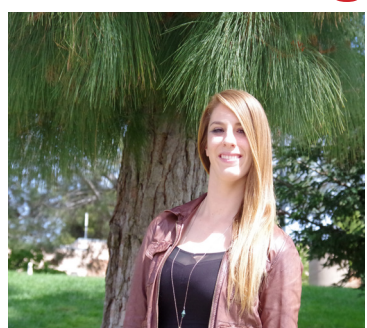
“I chose to get into drawing and painting because it is relaxing, and working by hand is more direct and personal to me,” she said, “It gives me the most control over what I do.”

Senior Tessa Lowe describes her style as realistic cartoon/digital, and she is inspired by American and Japanese animation.

“I enjoy digital art because I want to be an animator or a concept artist,” she explains. She adds, “I like how digital art looks aesthetically and how easy it was to learn. I like how it can be graphic, but can also look soft and traditional, depending on your vision.” As for her inspiration? “Fashion and animation of all kinds,” she answered.

When asked how La Jolla influenced her art, she replied, “I enrolled in AP Art and my classmates helped me with improving anatomy and composition in a way that I would not have been able to do on my own.”

## Filmmaking



**RUBY FOSTER:**

Ruby Foster, a junior, believes she gets most of her in-

spiration from music. “I know it seems odd, but my love for film and media has been greatly influenced by my love for music. When I listen to a song, sometimes a video starts to play in my head. If I like that video (and it’s not too strange) I’ll film it and make it visible for others to see,” she explains.

When asked how she got into filmmaking, Foster answered, “When I couldn’t come up with good Christmas or birthday presents for people, I used to make them films about our friendship instead. I loved their reactions when I saw them watch my films. It inspired me to make more films. So I guess, as cheesy as it sounds, it’s about seeing the people’s reactions to my films and that makes me do what I do.”

Her opinion on how the school contributes to film was simple: “I feel like our school doesn’t put much focus on art. I feel like the focus on studying overpowers art. That’s why kids work really hard on tests and studying and they don’t show much creative skill in school.”



**ADAM HERSKO-RONATAS:**

Many of you probably know of senior Adam Hersko-Ronatas, but do you know about all the work that goes into his artwork? Adam is a filmmaker, and sometimes an actor. He began filmmaking when he was ten years old, and it soon led to entering competitions and upgrading his equipment. “I love filmmaking because I’ve grown up around it and because it’s so accessible, even to those who aren’t so wealthy. I wouldn’t say it’s easy, but it’s sort of this new outlet that almost anyone can express themselves in.”

He typically makes films ranging from work he’s done with the UCSD Medical Center to commercials, but his favorite is his narrative work that he creates from start to finish, then edits with his friends. Adam is inspired by several things, but the finished product of his hard work and the reaction of those who see it is what keeps him going. He has featured himself as an actor in many of his films, but what does he enjoy more: being behind the camera or in front of it?

“I like being on both sides

of the camera, but if I had to choose, I definitely like being behind the camera more. I love cinematography because I think each shot is like its own painting and you can make everything look really cool.” Our school and town influence Adams’ stories in the sense that location is a huge physical part of filmmaking. He writes things based on what surrounds his daily life.

## Industrial Arts



**HUNTER PAUKER:**

Senior Hunter Pauker practices the intricate form of ceramics. With the class offered as an elective at our school, he enrolled for the first time his junior year.

“I thought I would never be good at 3D art, I thought I would only be decent at drawing and sketching, but after taking this class I just got into it.” Now on his “teapot game,” Hunter fell in love. He bought his own wheel to create beyond the bounds of a singular class period, and sells dozens of vases, teapots, mugs, for \$15 a piece.

Who and what can take credit for this inspiration? One of many talented potters, Hunter looks up to ceramicist Hsin Chuen Lin.

“Many forms of eastern pottery and a lot of higher fired pottery inspires me.” To make every piece of pottery better than the last, Hunter aspires to challenge himself day to day creating and pursuing the art of ceramics.

## Stagecraft



**NOAH WILSON:**

In February, the drama department did something different: they directed and produced a student-made play. “Little Boxes”, written and directed by junior Noah Wilson, was a satirical and dark-hu-

mored play centered on secrets and emotions that unravel in the wake of a freak accident on a small, suburban street.

“I’ve been around theatre basically my whole life,” Wilson said, after explaining how his mother works as a costume manager at the La Jolla Playhouse and his father is an Acting Professor.

When Wilson tried out the theatre department at LJHS his freshman year, he explained, “I loved it. I love working with the people in the department and telling stories with them. I think we all kind of bring out the best in ourselves and our talents when we work together.”

When asked about his type of writing style, Wilson claimed he enjoys creating plays that balance drama with comedy.

“I mean, that’s life,” he said with a smile. “You know, something really dramatic can happen and then something really funny happens.”



**MELISSA CONROY:**

Melissa Conroy began acting when she was three years old. She realized the profession was a perfect fit for her from a young age. “Whenever I would get really pissed off as a child,” she said, “acting was the one thing I could go to to relax, and to escape into someone else’s mind, body and character.”

She describes her style of acting as method acting, wherein an actor carries themselves through their everyday lives in the exact way that they imagine their character would do, in order to gain a more in-depth understanding of their character. Melissa is inspired by actress Tina Fey, President Obama and talk-show host Oprah Winfrey.

When asked how she feels about our school/town and its effect on her acting, she promptly responded “Honestly, I really love this acting department, though, it would be nice to see more fresh faces in class and on stage.. The actors currently involved in the department are extremely talented and dedicated to their work.”