

POSSIBLE CHANGE TO LHS DRESS CODE

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Friday's Weather

Partly Cloudy High: 66 Low: 52

SHOULD GOOD FRIDAY BE CONSIDERED A HOLIDAY?

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CHECK OUT THE BEST HIKING SPOTS IN OUR BACK YARD

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Hi-Tide

Volume LXXVVIV Issue 6 - March 28, 2013

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EARTH DAY Add YOUR VOICE

By Ben Allen
Staff Writer

Tree huggers and green thinkers alike all know Earth Day, April 22, as a day of environmental activism and nature celebration. Earth Day 2013 marks the 43rd anniversary of the original Earth Day in 1970.

The first Earth Day was organized by US Senator Gaylord Nelson as what he called a “national teach-in on the environment.” Nelson utilized the help of Denis Hayes to coordinate the event across America. When April 22 came around, 20 million people participated in the environmental demonstration. As a result of Earth Day 1970, the Clean Air, Clean Water, and Endangered Species acts were passed. Since

1970 David Hayes has taken over the movement, and has led the event to global prominence. Many Earth Days have brought global recognition to one country or another; the 1990 fair in Africa boasted a miles long drumming chain.

“If the environment is a fad, then it’s going to be our last fad. ... We are building a movement, a movement with a broad base, a movement which transcends political boundaries. It is a movement that values people more than technology, people more than political boundaries, people more than profit.”

April 22, 1970, Denis Hayes, organizer of the first Earth Day and Chairman of The Earth Day Network

Where previous Earth Day’s have focused on clean energy and recycling, Earth Day 2013 is taking a special look at how climate change is affecting the world. The tag line of this year’s event is “The Face of Climate Change.” Earth Day leaders are encouraging the populous to tell how climate change

has affected their lives and the lives around them. For San Diegans who want to get their green on before

and commodities produced from organic and natural materials.

For more information, visit www.earthday.org.

Photos Courtesy of www.earthdayweb.org

SHE WEARS THE PANTS HE WEARS THE DRESS

By Jordan Linsky and Amanda Menas

Staff Writer and News Editor

La Jolla High School’s planner sets out specific guidelines for a number of topics: attendance, academic honesty, zero tolerance policy, student nondiscrimination, and others including free speech and dress code. After the debate two years ago about the Senior Benches, the planner specifies that the “right of free speech guaranteed by the First Amendment to the United States Constitution to students of LJHS shall not be restricted as long as it does not endorse political candidates or ballot measures in school-sponsored publications or on bulletin boards restricted to communications on school issues (except the student bulletin board on the east side outside wall of the administration building and the “Senior Benches”). However, is what students wear considered a freedom? The planner also provides a regulations regarding the apparel of both male and female students listing

continued on page 10...

STATE OF THE ECONOMY

By Lilly Grossman
Staff Writer

In September of 2008, the United States economy took a sharp turn for the worst; since 2009, millions of Americans become unemployed and victims of foreclosed. The economy has been slowly growing, but, with a 7.7% unemployment rate and a trillion dollar deficit, the ever-fragile economy remains weary of the future ahead.

In 2011, President Barack Obama signed a bipartisan deal that cut nearly \$1 trillion in spending over the next decade. The deal would reduce spending to its lowest level as a whole since Dwight D. Eisenhower was president. At the

same time, however, the deal would still be protecting job-creating expenditures such as education and research.

As part of the President’s plan to set up a 21st regulatory system, government agencies have been asked to identify over 580 proposals to reduce regulatory spending and streamline federal regulations. However, just a fraction of such reforms will save over \$10 billion within the next five years and eliminate tens of millions of hours of paperwork.

February of 2013 was the most active month for job growth since the recession began in late 2008. February alone saw the creation of over

241,000 jobs, making the total number of jobs about 6.4 million since 2010.

However on March 1, 2013, a set of automatic spending cuts took effect. The deadline for a bipartisan budget agreement was not met, triggering over \$4 trillion in cuts. The full effect of the cuts will not be felt for a while, but it is said that it will hurt the precious growing economy. The deep cuts range from defense spending to education.

Despite the uncertainty, on March 3, the DOW Jones Industrial index jumped over 100 points in one day—the most in five years. The growth streak lasted until March 14.

Games to Watch

Today, Thursday March 28, 2013

Tournaments:

Varsity Baseball plays in the Lions Tournament in the Semis/Finals
Boys Varsity Golf plays at San Diego CC in the Saints Tournament

3:00pm

Varsity Track runs at University City

Boys Varsity Tennis plays against Bishops

Varsity Swim races St.

Augustine/OLP

Varsity Badminton plays against Lincoln

3:30pm

Varsity Softball plays against Point Loma

5:00pm

Boys Varsity Volleyball plays at Santa Fe Christian

ASB UPDATE

Vikings,

Airband is just around the corner! There will be two shows, both on Thursday, April 11th. The first show will be at 5pm and tickets will be \$5, the second will be at 7pm and tickets will be \$7. Irish Club, Italian Club, Improv, Dance & Drama, and all of the classes will be performing. The theme is LJ TV, and is guaranteed to be a hit!

Your ASB has been working diligently for the past year planning events and activities for the student body. If you have any ideas or suggestions for ASB that you would like us to implement please do not hesitate to tell us. Till next time!

Kind Regards,

Daniel Stephen Hamilton

The La Jolla High School

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By Emma Scott

GOOD FRIDAY

What makes a holiday?

By Trevor Menders

Copy Editor

Nobody has ever refused a day off of school, especially halfway through the second semester. Minds are dulling, grades are faltering, and all eyes are turned toward the gorgeous La Jolla weather outside the windows. So, it's a good thing that spring break falls where it does—but this year, La Jolla High School students have an extra day off: March 29th.

For some, the date March 29th may have no significance; for others, it may mean a lot. The preceding week of the 29th is known among Christian denom-

“Why is the district taking a day off for an event that less than a third of the population observes?”

inations as the Holy Week, and the 29th is Good Friday. Good Friday commemorates the day that Jesus died on the cross. The other days of the Holy Week commemorate the remaining final events in the life of Jesus.

The Catholic Church is the staunchest observer of this “hol-

iday” and various protestant churches—including the Methodist, Lutheran, and Moravian—also hold special services, but none as extreme or dedicated as those of the Catholics.

This specific inter-Christian denomination celebration of the holiday presents a problem to the district's recognition of the holiday. Though an overwhelming percentage of Americans identify as Christian, less than a third of those are specifically Catholic. So why is the district taking a day off for an event that less than a third of the population observes?

In reality, the day off is most likely related to the historically low attendance on the Friday before spring break—a Friday many parents want to use as vacation extension time.

Though this effort to limit the number of absences on the same day is certainly grounded in good intention, the district needs to be careful. With parents attacking the Encinitas school district for teaching yoga to kindergartners, who knows what non-Christian parents might levy against this district?

HOW SHOULD TEACHERS BE GRADED?

The inadequate system that results from the seniority rule

By Giovanni Moujaes

Staff Writer

Have you ever wondered why teachers who are underperforming stick around while others are laid off? Chances are it is the seniority rule that is leaving them unscathed in the battle between district budget cuts and struggling high schools.

Whether or not a teacher should be laid off is based on how long she has been in the teaching system; this question has long been a debate that has caused the quality of education to suffer, morale of students to decrease, and budgets of schools to be cinched up like a noose.

The argument that more years mean greater experience is valid only if the “senior” teachers would use their experience to benefit their students; however, this has not been the case in several scenarios.

Take AP pass rates as an example. A high pass rate for a

teacher means that the majority of students under her had scored a 3 or above on the official AP test. When a teacher receives an average or sub-par pass rate, results are often linked to the lack of students' work ethic, study patterns, or even motivation. This simply cannot be the case at La Jolla

in the 50s or 60s remain to provide another class another year of inadequate lessons. It's just not right.

But, then, why do several students in APs and other classes still have As? Grade inflation is the answer. When a teacher has an underperforming class—or so she says—she can give extra

“A teacher's significance to his or her students should be as equally considered as a teacher's overall academic performance.”

High School, where API scores are the highest in the district, in part to outstanding teachers over the years.

Teachers who are scoring in the 80s (many under 40 years of age) are being taken out while some older ones scoring

credit assignments, open book tests, and easy class work to mitigate the number of unsatisfactory grades. Sometimes, excessive amounts of inflation are caught before they can metastasize into a complete mess, yet much of it flies under the radar and are not

seen until semester grades are in.

While pass rates are important, likability cannot be ignored. A teacher's significance to his or her students should be as equally considered as a teacher's overall academic performance. Teachers are often the ones who inspire kids to challenge themselves in life and aim high in setting goals for the future years. Some even become life mentors or motivators.

Generally speaking, extra credit opportunities can give students incentives to try harder in class; extra credit is especially beneficial if it's enjoyable, group oriented, and can turn that 89.4% into an A. However, too much gives students a reason not to try as hard in class, which in turn means less studying and lower test scores. Can students really be blamed for not having to work as hard to achieve the same grade?

The True Test: Can Seniors Handle Extra School Hours?

By Mia Kelliher and Heidi Moreland

Copy Editor and Staff Writer

The long-awaited CSTs, when seniors finally would not have to sit through the long testing hours, no longer exists. California Standard Tests (CSTs), also known as the STAR program, occur every year around April. These tests span large periods of time, usually one to two hours. This once meant seniors, who are exempt from taking CSTs, had the opportunity to do whatever they pleased during the testing periods. The 2012-2013 CST scheduling will now be different in a way that especially affects seniors.

Students from 2nd to 11th grade in public schools throughout California are required to take CSTs. The tests mainly serve as a way to rank the academic successes of schools, and to standardize courses. They test students' knowledge in the following subjects: math, science, history,

and English.

The results generally do not affect students individually but, instead, the school as a whole. Over the past couple of years, La Jolla High School has used the CST scores as part of the articulation process. This usage was implemented as a way to motivate students to do better and try their hardest on the CSTs.

However, recently there has been a change in CST scheduling as a way to increase the CST scores. Instead of having long hours of testing for one day—causing students to do poorly from exhaustion and lack of motivation—the new schedule is on two weeks of alternating block schedules.

On some days, students will attend periods 1, 3, and 5 and on others, periods 2, 4, and 6. Students will be taking the tests for certain subjects in the corresponding periods.

Unfortunately, for seniors this means coming to school and sitting through two-hour long classes while the rest of the stu-

dents are testing.

The new change in the system is not fair to us seniors. It is merely an additional burden, especially after we have waited for three years to be able to come to school later in the day. "I think it's very frustrating that seniors have to go to school for the CST testing. We don't have to take them, so why should we sit in class for two hours, when no one else at school has to do class work? It is really unfair," said senior Kristin Crabb.

Additionally, students who have jobs could be greatly affected by this. "I have a job that starts at 2:30, and by getting out later than I normally do, it's really going to affect my work," said senior Bridget Aiello.

Taking multiple-choice tests for many days in a row is exhausting, yes, but the class of 2013 will have experienced three years of doing so, as well as one year of sitting through extra long periods during the testing days—something we



Photo courtesy of <http://s3.amazonaws.com>

“The new change in the system is not fair to seniors. It is merely an additional burden, especially after we have waited for three years to be able to come to school later in the day.”

were not looking forward to. For seniors, coming to school will be an unnecessary waste of time.

Does Practice Yield Perfection? *Talent versus hard work*

By Stephanie Buchbinder
Staff Writer

With the pressure of getting into a reputable college, students are often compared to their peers. Whether in regard to schoolwork, sport teams, or other extra-curriculars, every student strives to excel in what she does. But is being the “best” something one is born with, or something that takes strenuous work?

Although it seems impossible, some people are born naturally good at everything. They maintain decent grades without studying, score many goals at their soccer games without going to practice and can play the piano as if they were at the professional level. Although they typically get the same, if not more, recognition as someone who diligently works to achieve similar goals, do they really get as much out of it?

When one works hard for something but does not get a desired result, it can be extremely disappointing. When someone hopes something will come naturally, it is not as disappointing because they did not put in the same amount of hard work. On the other hand, when one has put 100% effort

into a project, it is much more rewarding and deserving.

Along with the gratifying reward that comes along with hard work, the lessons that follow hard work can greatly teach an individual. By constantly working toward a goal, one learns many new tasks at hand. Imagine the goal as a marathon runner. A naturally “good” runner would be able to go on only a couple runs ahead of time, and then end up doing well.

However, someone who is not a running natural would need to begin preparing way ahead of time in order to finish the race strong. They most likely start off by going on training runs and learning more about the sport and proper techniques of marathon running. They might also train with other people, learn how to work as a group and encourage others. Finally, in the end, they would have learned a countless number of things about themselves, such as how to self-motivate, stay in shape, and keep their eyes on the prize.

Being naturally talented at something is great; however, nothing beats the rewarding feeling of successfully achieving a goal after dedicated time devoted to hard work.

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Dressed to the Nines

By Misha Kabbage
Staff Writer
All Photos Courtesy of Misha Kabbage

From sequins to floor-length dresses, to fancy bow ties and dapper suits, this year’s Annual Scarlet and Black Ball was a success in the fashion department. With a wide variety of today’s trends, La Jolla High students and their dates displayed their ability to “dress to impress” in the finest of ways.

One trend that seemed to be quite popular amongst the girls this year was super sparkly sequined dresses. Senior Sarah Alton joined by friend Kristin Crabb struts her sequins in a multicolored twinkling dress from local store LF. **(Photo 1)**

Twinning at their finest, sophomore Montana Ruderman and freshman Nicole Bertrand brighten up the dance with their matching gold sequined dresses. **(Photo 2)**

And cutouts also were quite frequently seen this year in many girls’ dresses. Sophomores Olivia Barone and Sophia Rhodes are wearing a sleeveless blue and black leather dress with a cutout at the top and in the back also from local store LF. **(Photo 3)**

Freshman Dominique Yahyavi shows off her bright

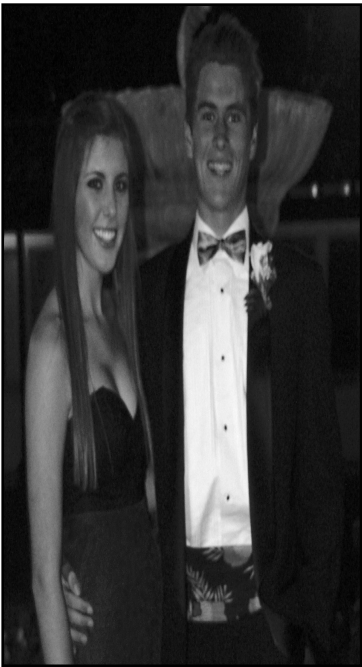


Photo 6



Photo 1



Photo 2

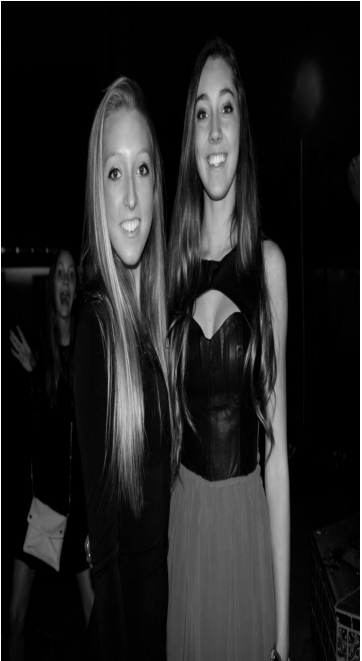


Photo 3



Photo 4

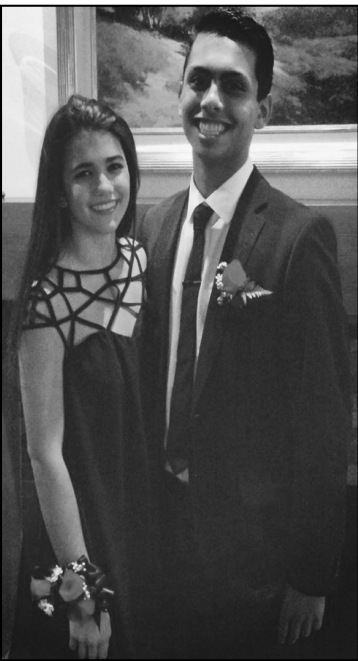


Photo 5

turquoise dress found on an online shopping network called *www.wanelo.com*, with a big diamond shaped cutout with many little diamonds cut out inside in the middle chest area of the dress. **(Photo 4)**

Not only were there greatly dressed girls, but guys pulled off some sophisticated coordination with their dates as well. Senior Stephen Fuentes and his date, freshman Nini Gracie coordinated their outfits in simple all black, each with a red corsage and boutonniere going along lovely with Gracie’s fiery red lipstick. Gracie also displayed a great example of trendy cutouts in her dress, with a cage like cutout all along the top of her dress. **(Photo 5)**

Another amazingly coordinated couple was junior Tristan Sullaway and his date, sophomore Amy Peckham beautifully matching in purple. Tristan wore a purple bowtie with a plain black suit and white shirt to match Amy’s black and purple strapless dress. Her dress consists of the top half being black and tight, and the bottom half a silky purple flowing dress. Together, their outfits completed each other. **(Photo 6)**

Photo Courtesy of *www.funplacescalifornia.com*

TRAIL BLAZERS

By Mia Kelliher
Copy Editor

One way to enjoy the beauty of San Diego is to go outside and visit some hiking locations. As San Diego has fairly sunny conditions all year around, there are many opportunities to go on an adventure. With a variety of locations, scenery, and difficulty levels, students have plenty of opportunities to choose a hiking spot that they desire.

Mission Trails Regional Park: This park has over 25 hiking trails to choose from depending on the level of difficulty, elevation levels, and distance. More information on Mission Trails can be found at *www.mtrp.org*

-Easier Trails

Some trails are less difficult, but students can enjoy their surroundings and the hike. The Mission Gorge Region includes the Visitors Center Loop, Father Junipero Serra Trail, and the Oak Grove Loop Trail. In the East Fortuna Region the less challenging hiking trails include Grasslands Loop and Kumeyaay Lake Trail. These trails are either level 1 or 2 because they are less challenging and suitable for beginners.

-Cowles Mountain

At this summit, visitors have the opportunity to choose different trails and views to see, but the trails all finish at the top of Cowles Mountain. Some starting paths include Golfcrest and Navajo, Big Rock Park, and Mesa Road. At the end of the hike, a monument with the history of the mountain signifies the end of the mountain and being able to successfully complete the hike. These all have been categorized as level 5 hiking trails meaning they are high in difficulty and are challenging.

-Kwaay Paay

Near the Old Mission Dam, this hiking trail is quite challenging with steep hills and rocky areas, but is worth the hike. Upon reaching the summit one can view the vast, open land at the top. After finishing the hike, there are trails to discover near the entrance as well as being able to visit the dam. Because of the challenging course, this trail is categorized as a level 5 hike.

Torrey Pines State Reserve:

Located in La Jolla, the Torrey Pines State Reserve Park overlooks the ocean as you hike down to the bottom. With a variety of hiking trails to choose from, students can enjoy a lot of the park. The trails are not too difficult or steep, so students can walk to the beach without many difficulties. Once you reach the bottom of the trail and arrive at the beach you are met with towering cliffs and rocks to one side and a clear open ocean on another side. Information on this park is found at *www.torreypine.org*

Iron Mountain Trail:

A highly rated hike in San Diego, Iron Mountain Trail is known for having a wonderful view and a difficult, but well worth the workout. Near Poway, this hiking location offers many different trail routes and a manageable distance. Many visitors recommend this summit to all as it is very family friendly.

Does Easter Have Pagan Traditions?



How can the mythical origins of Easter explain the strange traditions we have today?

By Hannah Orr
Copy Editor

When we look at Easter nowadays, we see a religious holiday celebrating the resurrection of Jesus Christ after being crucified. But how did rabbits and Easter eggs become commonplace? The answer to this question is fairly simple. Some origins of the Easter our society celebrates today are taken from the original, pagan Easter that was celebrated to honor Eostre.

“But how did rabbits and Easter eggs become commonplace?”

According to www.wikipedia.com, Eostre (also called Ostara) was the Germanic pagan goddess of light and dawn for whom Easter was created in order to celebrate her. The month of Eosturmōnath (April) was when these celebrations took place. Therefore, when Easter became equated with the Church, its time frame was kept, making Easter usually occur in the beginning of April.

However, Eostre is not the only variation of Easter. There are many parallels that are pointed out by Heather McDougall on the www.guardian.co.uk. She states, “The general symbolic story of the death of the son (sun) on a cross (the constellation of the Southern Cross) and his rebirth, overcoming the powers of darkness, was a well worn story in the ancient world. There were plenty of parallel, rival resurrected saviours too.”

A few parallel saviors she talks about include the

Egyptian god Horus, the Sumerian goddess Ishtar, and the Greek god Dionysus.

As McDougal explains, “Born on 25 December, Horus and his damaged eye became symbols of life and rebirth.” Therefore, it is easy to see that these pagan god’s deaths and resurrections line up with that of Jesus Christ’s, making it apparent that although Easter is now a Christian holiday, it was once a pagan one.

The Easter traditions our society has kept, such as Easter eggs, also stem from Pagan celebrations of Easter. According to www.guardian.co.uk, bunnies and hares are associated with Easter because they were originally symbols of Eostre. The Druids in the Germanic countries, who most likely celebrated Eostre, originally considered Easter eggs a sacred emblem of fertility.

“ The Easter traditions our society has kept, such as Easter eggs, also stem from Pagan celebrations of Easter.”

Therefore, the hunting and gifting of Easter eggs was an ancient custom that was used as a means to celebrate as well as honor various traditions in society at that time in history, which has evolved into what we now call Easter. Enjoy your Spring Break and Easter!

THE FINAL DECISION: THE COLLEGE SEARCH

HOW LJHS SENIORS SHOULD CHOOSE THE NEXT STEP FOR THEIR FUTURE

By Sarah Schug
Staff Writer

For some people, picking a college will be the hardest decision they will have to make this early in their lives. Here are some things to consider when picking the college that is right for you:

Size: There is a pretty noticeable difference between a small school and a large school. Most liberal arts colleges have fewer than 4,000 students to provide for a relationship between students and teachers where they can work close together. These schools are great for students who want extra attention in their education. Large schools can have up to 40,000 students attending them, making it very easy to feel lost amid a sea of excitement. These schools often have big intercollegiate athletics and Greek life. Medium schools with around 10,000 students offer students an intermediate option.

Location: Living in sunny San Diego has spoiled some of us since we are so accustomed to beautiful weather and beaches. But if you need a change of scenery, get out of town! Just prepare yourself if you end up somewhere with cloudy and cold weather, because it is common for students to feel depressed when they go from a sunny area to a gloomy area.

Visit the College: The most important thing to do when choosing a college is visiting them. Often, this is when a college speaks to you and you are able to picture yourself there. Try to sit-in on classes, eat in the dining hall, and talk to the current students.

Do What you Want: Pick the college that you want to go to. Do not listen to what others have to say. It does not matter where it ranks on a list, whether it is at the top or bottom. The only thing that matters is if you can see yourself going to the college. If you are not ready for college, take a year off. If the college is too expensive, try talking to the financial aid office. It really does not matter where you end up, as long as you are happy and comfortable.

April Fools’ Hall of Fame

By Janet Shackleton
Staff Writer



On the first of April (April Fools’ Day), a day widely recognized and celebrated everywhere is a day when people play practical jokes and hoaxes on each other. The earliest record of this event and foolishness was in Chaucer’s *Canterbury Tales* written in 1392 where in the story; a fox tricks the main character.

There are a number of epic practical jokes and pranks for friends, family, enemies, or random people from the street who you may not even know. Everyone knows the classic ones such as, whip cream in the hand when someone is asleep and tickle his or her face so it’s smashed all over their face and much more. Here are some pranks you can play on your friends:

- Take their phone and change the language.
- Share a locker with them or know the code? Switch the locks.
- Hide an alarm clock in their room and set it for 3am.
- Put crayons with the colors of the rainbow under their windshield wipers and when they turn them on, there is a rainbow.
- Put food coloring in a carton of milk so when they pour a glass they will think it’s bad.
- Put saran wrap on the toilet seat.
- Put (lemon juice, hot sauce, etc.) on their toothbrush.
- Convince your friend you are tired of materialistic life and are moving to the middle of nowhere with your family to live off the land.
- Switch their stick deodorant with cream cheese. Use a knife to cut off the visible deodorant and replace with the cream cheese. Next shape it into a smooth, round dome. Then set it in the freezer for a while to harden so it looks real.
- Walk around with blue Gatorade in a Windex bottle to make people think you are drinking Windex (this can be to anyone.)
- In a friend’s car turn everything to the max volume, heat (anything else that will make them think something is wrong.)
- Get a bunch of friends in on it and have every say happy birthday to someone when it is not.

Media's affect on adolescents with **DRUGS SEX & ALCOHOL**

By Janet Shackleton
Staff Writer



Fox's That 70's Show Photo Courtesy of tumblr.com

Today, media and technology have influenced teen's regarding sex, drugs and alcohol in a horrible way. We may not realize it, but this is a huge problem in today's society. Why are kids and teens so into partying and doing what everyone else is doing? Why are kids giving in to peer pressure so easily and wanting to be cool and accepted by all those around them? It is all because of the media. Movies, shows, commercials, music, adult

influences, and more are the reason all these things happen too often at this young age.

Examples of T. V. shows that influence teenagers are Showtime's *Weeds* and Fox's *That 70's Show*. Both of these shows present overwhelming amounts of activities that affect the way teens think to make them want to be just like the characters. *That 70's Show* portrays "sex, drugs, and rock 'n roll" as the ultimate way to live

life as an adolescent.

More shows that could be influential in a negative way are *Skins* and *MTV Real World*. The movie *Project X* for example, promotes throwing parties and not knowing exactly what the outcomes are. Teens automatically want to have the same "party of the year," as seen in the movie so they can be popular like the main character of the movie.

Popular music today is all about "getting down on shawty at the club," living young and recklessly, and thinking that you can do anything because of the fact that you are young. Music is the biggest influence on young people and it started publicly in the 1960's.

When The Beatles first became popular, people were amazed at how they openly talked about drugs like LSD and Marijuana, and doing things to a girl that could be "inappropriate".

The same goes with Elvis and his outrageous dance moves. In the '60s, music genre like this became more popular and

was the first time society and music drastically changed the way people lived. It all started with the hippie era consisting of artists such as Jimi Hendrix, The Doors, and Janis Joplin. When teenagers listened to them, they were motivated to be and act just like their idols.

Then came the disco '70s and punk rock '80s with Social Distortion and The Clash. They wrote music not only about sex, drugs, and alcohol, but also about being different and to rebel against society as well as the people holding them back from the dreams they had.

In the '90s, bands like Nirvana and Pearl Jam made music about the similar ideas and started the Grunge era, which made teens react and feel differently about life. These influences from society have seriously affected high school students for many years. Drugs, sex, and alcohol involved with teenagers is something that can potentially be impossible to prevent unless society changes.

STUDENT FOCUS

Consequences of **DRUGS & ALCOHOL** Abuse

By Misha Kabbage
Staff Writer

La Jolla High School is a campus filled with many students who are involved in a variety of activities; not all of them good. These activities may consist of drinking regularly or getting entangled in the curious world of drugs. No matter what the case, many students here have either personally experienced or witnessed some crazy, life-changing consequences resulting from drugs and alcohol. The following are all true stories from students at our school and people they know:

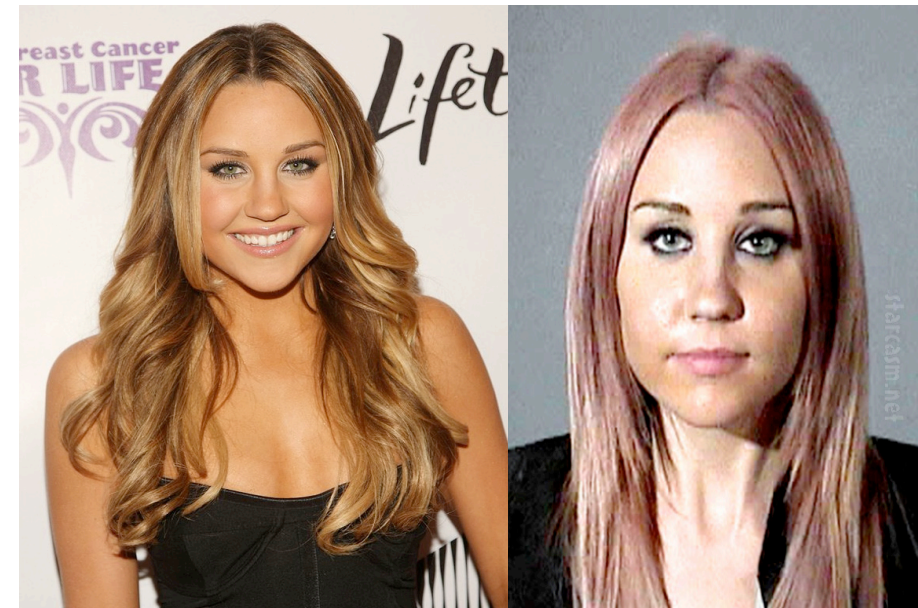
Story 1: A 14-year-old girl went to a music festival in the countryside and drank a full bottle of hard liquor. She got alcohol poisoning and needed to get her stomach pumped but the ambulance took long to get to her due to her location. She ended up having permanent liver problems.

Story 2: A girl who frequently attended "raves" took acid for the first time due to peer pressure. She had a "bad trip" and started hallucinating. Since no one took care of her she ended up having to sleep on the streets because she wasn't able to drive herself home.

Story 3: A 17-year-old male student went to a college party, said he "only had a few beers" and was "good to drive" even though he was advised by others not to do so. He ended up getting a DUI and got his license taken away for four years. On top of that, his college scholarship was revoked.

Story 4: A girl had never drunk before and wasn't planning to start. She went to a party and thought she was drinking a cup of soda, but the drink had been drugged with the common "date-rape" drug, otherwise known as "roofies". She started to vomit everywhere, passed out in a person's car, and fell out of the car and broke her ankle.

In the end, people will ultimately do what they want. However, they should do so with caution. Take these heart-breaking experiences into account next time you want to drive after you've been partying all night or after you've been exposed to drugs. Do not be afraid to say no if offered something unwanted and watch out because you never know what can happen when you're not thinking straight!



Don't Do Drugs



Photos Courtesy of date-hookup.com, ksd.com, starfamo.com

Addicted to PAINKILLERS

By Ben Allen
Staff Writer

Kids have grown up learning to say no to drugs. From the get go, students around the world are told to be wary of drugs and people who use drugs, and, while the number of kids using illegal drugs has been decreasing, the number of kids abusing prescription drugs is on the rise.

The abuse of strong painkillers like Oxycontin, Vicodin, Percocet, and others is increasing. In 2007 5% of 12th grade students alone showed to be abusing Oxycontin, and 10% of seniors said they had abused Vicodin, according to the Mark Houston Rehabilitation Center. In addition, in 2005 there were over double the amount of people abusing painkillers than people using cocaine.

Addict testimonials call these drugs to be very

addictive. Some teenagers have even reported becoming addicted within one week of using a pill regularly.

Initially, teens get the drug legally, for an injury or post surgery medication. When the pain goes away, the teen continues to take the pill, and then becomes hooked. Family members don't notice addiction because there are no visible effects to the body. Cheryl Oates, mother of 19 year-old Christopher Oates was surprised when she found out her son was addicted to Percocet.

Painkillers can be a gateway drug to more powerful opioids like heroin. "I didn't think if she had heroin I would do it," Katie, an 18 year old recovering addict, told NPR, "but then when I had that option — to be sick or do this — I did that." The fact

that at single pill of "oxy" costs sixteen times that of a baggie of heroin doesn't help matters. Addicts say that when the withdrawals set in they feel absolutely terrible, so the cheap fix is heroin.

"Oxy" withdrawals have been compared in severity to heroin, and other opioids. "It was like somebody was inside of your head with a hammer," Ryan, a 17 year-old high school student recalled. "You feel like you're going to die. Just laying there in the bed, sweat pouring off of you... Then five minutes later, you're freezing... then you'd be throwing up."

With the rise of legitimate drug abuse, it is difficult to imagine just how the problem will be combated. Only time will tell how many more lives will be consumed by these powerful drugs.



Photo Courtesy of stopmigraines.mobi



Photo Courtesy of medicineworld.org

ATHLETE DRUG ABUSE

By Lilly Glenister and Hannah Orr
Staff Writer and Copy Editor

In today's society, the abuse of performance enhancing drugs in sports has become much more common than in year's past. Although all athletes may not be using drugs to gain an upper hand on the competition, there are many that you would not expect partaking in these illegal activities. Athletes are always striving to be better than the rest. However, when doping becomes a strategy to achieve these goals, many moral lines are crossed and all respect as an athlete is diminished.

College sports have come into contact with controversy over whether or not to drug-test the athletes. While it may seem like professional sports have more doping scandals, there are also cases of illegal substance abuse in college athletics.



Photo Courtesy of onlyagame.wbur.org

One example of performance enhancing drugs going bad is the case of the well known cyclist Lance Armstrong. Because of his "doping ring" being released, all of his titles have been stripped.

If he were ever to compete at an Olympic event again, he would "have to tell the whole truth about his doping past," according to the New York Times. Performance enhancing drugs are not

something to be taken lightly. They can skew the normals copass, as well as impact all aspects of a person's life, especially their credibility.

Student-athletes should take precaution before

becoming involved in anty performance enhancing situations. The consequences if being caught far outweigh the popularity or fame one can get from winning races or performing better.