

Hi-Tide

*The Government Has
Shut Down!*
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Volume LXXXVIII Issue 1-October 4, 2013



Photo courtesy of Creekstar Allan

STAR Tests Supernova

By Ben Allen
News Editor

Governor Jerry Brown has said that he will be signing statewide legislation—called AB 484—that will officially end nearly all STAR Testing in California schools, except for science testing in fifth, eighth, and tenth grade. The change is part of the state's adoption of the federal education standards, CORE, and is designed to replace what many believe to be an outdated testing system.

Despite having the support of teacher unions, state education officials, and school districts, the bill has come under fire from critics and federal education officials. U.S. Secretary of Education Arne Duncan expressed his disapproval of the bill in an interview with *The Union Tribune*. Duncan's objection comes from AB 484's plan to discontinue the state's Academic Performance Index (API) for two years while CORE standards are being implemented. The API is a statistical analysis of schools' performance and growth; the STAR test results used to be the way

in which the state and school districts would calculate API. "A request from California to not measure the achievement of millions of students this year is not something we could approve in good conscience," Duncan told the *U-T*.

The federal government has also threatened to pull funding from the state if AB 484 is passed. However, in an interview with Erin Gordon—San Diego Unified's Director of Assessment Services—she suggested that if any federal funding were to be pulled, it would affect the administrative level of the school district and not the schools themselves. A field test of the new electronic standardized testing system may also be a way to alleviate funding concerns this spring. However, Gordon felt a resolution between the state and federal government is very likely.

If the state's funding is safe, the state's API scores are not. Gordon confirmed that API would be suspended for two years while the new CORE tests were field tested. Gordon repeatedly called the situation "muddy." Still, Gordon appeared optimistic. "It's exciting," she said. "I would love to have a crystal ball to see how this all plays out. It's an exciting time to be in education."

"AUD" FUTURE FOR LJHS

By Ana Gimber
Staff Writer

La Jolla High ASB was audited in February of 2013. The purpose of the investigation was to make sure that ASB accounting and expenditures were done in regulation with San Diego Unified School District policy.

According to the district, an LJHS clerk "removed more than \$25,000 from student activity funds and used accounting tricks to cover it up.

"More than \$200,000 in spending was not backed up by receipts or other proper documentation." Tickets were not numbered, and cash from ticket sales were not given to all aspects of the school.

This has affected both the music department and sporting events. The audit conducted by the District's Internal Audit Department revealed sixty ASB infractions. The nature of the infractions included improper transfers of money, inaccurate and under accounting of cash collections and expenses, and mishandling of funds.

The absence of a ticket log which included numbered tickets and cash collected from sporting events was one of the infractions.

The Drama Club was greatly impacted by the loss of funds. Through March 15 -17, 2012 the Drama Club presented *Grease*. According to the faculty advisor, each show had a full capacity audience. Audi-

continued on page 10...

Spirit Update

Hi Vikes!

School is in full swing, and we have so many events coming up to look forward to.

For starters, Friday October 4 is the Homecoming game. Make sure to come out and support your class by helping set up the Homecoming floats! You can buy your homecoming game tickets at the financial office for \$3 with your SAC card, or at the game for \$7!

The Homecoming dance is October 5. The theme this year is "Circus!" Friday the 4th is the last day to buy dance tickets. Make sure to bring your ID so you can get into the dance.

On Halloween, Thursday October 31, dress up in your Halloween costumes! We will be having a costume contest in the quad at lunch.

If you have any comments or suggestions for new events or activities, make sure to stop by room 304 and let us know!

We are looking forward to a great year!

GO VIKES!

Sydney Moses,
ASB President
Jordyn Reardon,
Spirit Advisor

A Fond Farewell

By Ali Davallou
Media Editor

It is with great sadness that we write about the un-

expected and unfortunate deaths of two important figures in the La Jolla community. For those who have not yet heard, in the past couple of weeks La Jolla lost a heart-warming doctor and an amazing teacher. Dr. Richard Walls, of Childrens Primary Care, died in his home on

September 13 as the result of a heart attack. An alumni of La Jolla High School, he was only 64 years old at the time of his passing. Dr. Walls was a familiar face and a familiar name to plenty of students here. Considering he was in practice for over 30 years,

he poured his entire heart and soul into helping children and families for which he cared. His legacy in La Jolla will live on forever, and



Photo courtesy of Misha Kabbage

his "Tiger" and "Princess" greetings will be missed immensely.

Mr. Craig Goldman, an English teacher at Muirlands Middle School, also had his life cut tragically short, on September 18. Mr. Goldman, who taught Advanced

English, had been in the hospital for about two weeks prior to his death, due to a serious infection and various heart related issues. "He

was just a very cool guy... he had a wicked sense of humor," said Mrs. Jennifer Nash, Vice Principal of Muirlands Middle School, as tears filled her eyes. It is easy to say that he was amazing at what he did, and truly had a passion for his students and his job. A tree dedicated to Mr. Gold-

man has been planted outside his room, with a bench and plaque awaiting arrival. A memorial service for Mr. Goldman was held at Muirlands on September 27 at 2:30PM, which was followed by a lantern lighting at Windansea Beach.

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SYRIA-SLY

Two writers face off on
an important question: should we support an
armed strike in Syria?

PROS**By Sara Espinosa**

Staff Writer

Syria is currently in a state of emergency. Families have fled the country, fearful of being attacked by Israel, which has already taken initial steps to prepare for a Syrian attack. What Syria is doing right now to their own people is completely wrong. What kind of human being would kill without mercy or regret? Syria's president, Bashar al-Assad, has no answer as to why he is annihilating people, or to what he might do next.

If Syria is a warzone, can anybody imagine what it might do to the United States? We are a target of this terrorist attack. A strike against Syria would stop the gassing and murder of innocent people, and with our full support, this could happen before Syria decides to attack the United States.

According to the *Las Vegas Sun*, President Obama said in a speech on August 17, "What happened to those people, to those children, is not only a violation of international law, it's also a danger to our security." Syria could send gas bombs to the United States in a matter of seconds, and nobody would be able to stop them. San Diego is especially a target for this kind of terrorist attack because of its large navy base.

President Obama suggested in his speech sending a "targeted strike" to take down Syria's chemical weapons. In this kind of strike, no troops set foot in Syria, to make As-

sad think twice about using chemical weapons again. Many people think that Obama wants to attack innocent people, like Assad is, but this action would just be a warning.

Assad is not unstoppable, maybe a little senseless, but that can be fixed with our help. With everybody's support in the decision to strike, the Syrian attacks can come to an end. Russia and France have stepped up to help with the strike that would force Syria to ban chemical weapons in joining the Chemical Weapons Convention.

Congress has been working on an answer to whether or not the United States will head to war, but they may not be thinking about the well-being of their own people. While Syria is gassing innocent people, including women and children, we are here waiting for the next step. Assad should be stopped, and if the only way is to alert the organization physically, the United States should be willing to stop what could start a bigger war.

Everybody should be willing to do what it takes to stop the gassing; every minute we spend waiting comfortably in our homes, children are dying in hospitals in Syria. It is time for the United States to step up against this cruel action, not only for our own good, but for the world's too. If we all agree to strike Syria and stop all the cruel acts its dictator is performing, this conflict could be over faster than if we do nothing and wait for the next move.

CONS**By Kaitlin Wheeler**

Staff Writer

Currently, the United States is indecisive as to whether or not military force should be used against Syria to dispose of their chemical weapons. According to Fox News, U.N. inspectors said there is "clear and convincing evidence" that chemical weapons were used on a relatively large-scale attack two months ago in Syria.

Although Syria is in a bad position at the moment, the decision to send American troops will only result in another war. The United States should not feel obligated to help Syria, especially after our country just finished getting all of our troops out of Afghanistan. The last thing we need is for more American lives to be put at risk again. There are more important issues domestically that deserve our attention and financial support.

Money is the main issue regarding our involvement with Syria. It is very expensive to fund the military and the government is forced to raise taxes in order to acquire this money. Since some people don't agree with the idea of becoming involved in Syria, there should not be a reason for these citizens to be forced to pay higher taxes. The United States cannot afford to continue spending large sums of money on other countries. There comes a point when there is no use in trying to help a country. For example, in regard to the recent conflicts in Egypt, according to *The Week*, the resignation of Vice President Mo-

hamed El Baredie has led to a return of "the oppressive tactics of the Hosni Mubarak era." The United States put a lot of time and effort toward helping Egypt create a better government, but in the end the country went back to its original state of corruption. There are still too many deep-rooted problems present in Syria, and America can not afford to keep using large amounts of money, troops, and time. The United States needs to realize there's only so much we can do to help before even more problems arise.

We must take into consideration that helping Syria may only cause more tension and danger for civilians inside and outside of Syria.

So, the United States must choose carefully where in the world to be involved and to what extent our country is willing to financially assist other countries. We must learn that not everything can be fixed by force and not all the problems occurring in other countries can be solved with one easy solution. There are too many problems on Earth, and not all of them can be fixed by us Americans.

One lone country cannot be relied on by all other countries. America can no longer be the policeman of the world. We do not have the money or time to exist in this state of trying to fix every problem that occurs.

Letter From the Editors

Greetings and a warm welcome to the first issue of the 88th edition of the La Jolla *Hi-Tide*. We are excited to be reporting at a time when there are so many changes brewing in the world, the country, and La Jolla High School itself. Perhaps by the next edition, we will be reporting to you about a new mayor, a new principal, and a new health care exchange.

The paper would not exist without your support. We are proud to debut our new editing staff and writers, who are both skilled, and passionate. Our readers at La Jolla High are wonderfully diverse in both their

interests and opinions, and for this reason, our staff aims to have something for everyone.

We are honored to share the work of so many committed and thoughtful La Jolla High students. Hopefully, the articles will cause you to think, to question, to reflect, and to laugh.

The *Hi-Tide* is always striving to improve, and we know that we cannot do it

without your help. At a time when major newspapers are holding on by strings, we continue to produce a product worthy of a great school and great students. Please do not hold back with your feedback. Thank you for reading our paper; we are thrilled to be sharing the events of the next year with you. Who knows what awaits us.

Sincerely,
your Editors-in-Chief



Laura Derickson



Amanda Menas



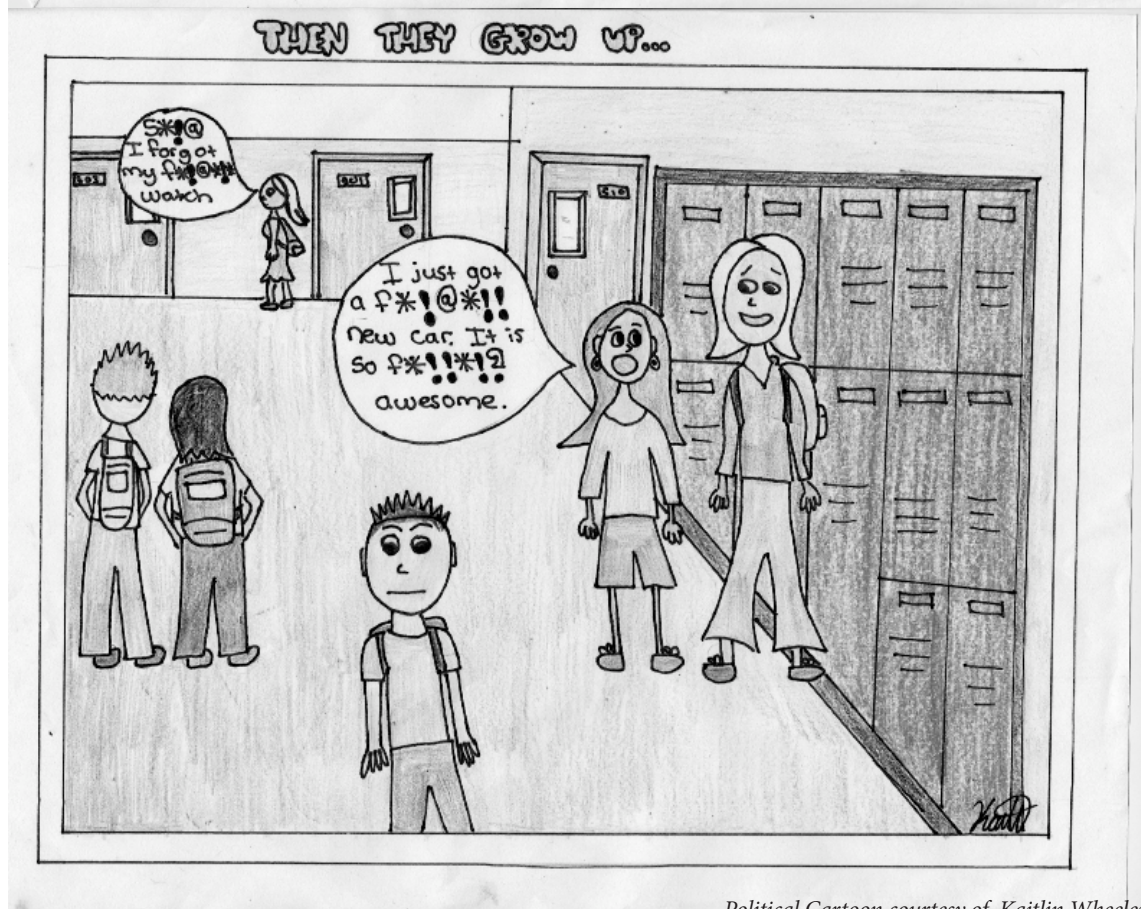
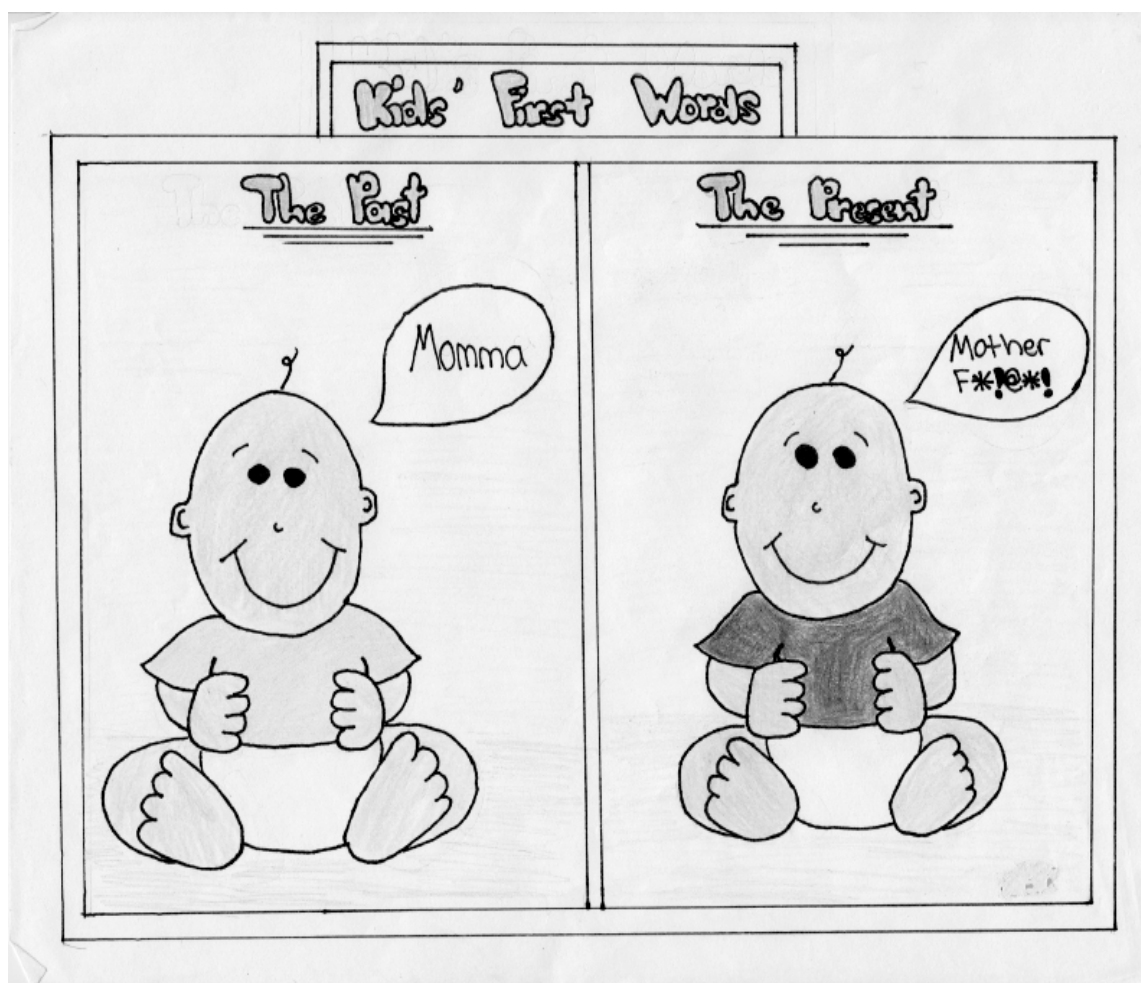
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Political Cartoon courtesy of Kaitlin Wheeler

Babes of WRATH

Nine LJHS girls with an outlook on society that's getting bleaker by the minute...

By Lilly Glenister and Hannah Orr
News and Opinion Editors

Whilst delving into the depths of pop culture, we found that this field has become synonymous with the act of tearing apart any shred of respect that we women have managed to gain for ourselves. So much so, that there is no longer any doubt that chivalry is dead, and that it's not so shy replacement, rape culture, has fully taken over. Sexual harassment scandals have plagued the recent news and popular songs clearly about violent male dominance over females have been dismissed because of their seemingly "catchy beats." To say the least, the majority of our society is obviously not seeing the big picture when it comes to respecting women.

Chances are, you've heard Robin Thicke's "Blurred Lines," seen the music video which features scantily clad women being dehumanized by Thicke and Pharell, or watched the MTV Music Video Awards, and seen his and Miley Cyrus' performance. Most of the commentary about this performance revolves around Cyrus' revealing outfits and vulgar dance moves. However, instead of focusing on Miley, society should be focusing on Thicke's thinly veiled lyrics and the misogynistic overtones of his song.

The lyric that is repeated the most in "Blurred Lines" is the phrase "I know you want it." Recently, an article was featured on *psmag.com* that compared the lyrics of Thicke's song to posters held up by participants of Project Unbreakable. These posters had sentences that their rapists had said to them, and that one phrase was pictured the most. It is repeated eighteen times in the song. Here is a selection from the perverse lyrics: "Swag on, even when you dress casual/ I mean it's almost unbearable," "OK now he was close, tried to domesticate you/ But you're an animal, baby, it's in your nature," and, not to mention, "I'm a nice guy, but don't get it if you get with me."

Plus, Thicke himself takes a misogynistic stance in his interviews. In one particular interview with *GQ*, Thicke was quoted as saying, "What a pleasure it is to degrade a woman. I've never gotten to do that before." The article's author writes off this shocking interview as a "joke," and says that everyone in the video was "in on it." Neither the video nor the song are merely jokes. It is a hateful song against women, "making fun" of the blurred line of consent that Thicke believes exists. There is no such thing as a "blurred line," there are only two answers: "yes" or "no."

Grammar

By Laura Derickson
Editor-in-Chief

The theme of this week: the top ten word discrepancies that drive me insane. Believe me when I say that you are better than your grammar skills suggest.

1. Affect vs. Effect

Affect is a verb meaning to act, to move, or to influence. Effect is a noun and is something produced by an action or a cause. It also means to bring about.

"Hanging around the bike path has really affected my G.P.A recently, and the effect this has had on my parents is not pleasing."

2. Accept vs. Except

Accept is a verb meaning to answer affirmatively. Except means with the exclusion of.

"I have not been accepted

into any good colleges yet, except for Stanford, Yale, Harvard, Princeton and MIT."

3. Anways vs. Anyway

As of the publication of this edition of the *Hi-Tide*, anyways is not an accepted word in the English language. If anything changes, we will let you know.

4. Supposed to vs. Suppose to

Supposed to is correct. Suppose to is not.

"My English teacher told me that I am supposed to use proper grammar in my essays. That dude is seriously cray."

5. Literally vs. Figuratively

Literally means exactly, in a strict sense, or to the letter. For example, when someone says "I literally just died taking that AP Calc test," they are saying that they are no longer with us. Figuratively means in a metaphorical sense—that is,

not in a real sense but in a way that is expressed through a figure of speech. So perhaps it is more appropriate to say, "I figuratively just died taking that AP Calc test."

6. Imply vs. Infer

Both imply and infer are verbs. To imply means to signify or mean, to involve as a necessary circumstance, to suggest without being explicitly saying. To infer is to derive by reasoning, to conclude or judge from the evidence.

"I inferred from the text that *Romeo and Juliet* has a happy ending, but my teacher implied that I might be wrong."

7. Regardless vs. Irregardless

Regardless means "regardless, without regard, or despite something." Irregardless is a double-negative word that literally means "without with-

out regard."

"Regardless of whether or not I graduate, the surf will always be there."

"Irregardless of whether it is enforced, La Jolla High has an active dress code."

8. I Could Care Less vs. I Couldn't Care Less

If you are trying to say that you don't care about something, say "I couldn't care less." "I could care less" means that you might actually care.

"I couldn't care less what

kind of burrito you get me, as long as it is from Ortega's."

9. Fewer vs. Less

If you can count it, use fewer. If you can't, use less.

"I have passed fewer classes than my friends, but they are less sociable than I am."

10. Toward vs. Towards

Towards is not a word recognized in the English language at this time (neither is afterwards). If this changes, we will let you know immediately.

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Community V.S.

By Skip McCullough
Staff Writer

Commitment

As high school students start reaching their upper classmen years, the pressure builds to get good grades and nail a satisfactory score on the SAT. Faculty, teachers, mentors and especially parents are pushing students to apply to universities. The kids are losing sleep over this. The kids are losing relationships over this. The kids are giving up a social life to go to a four-year university. But there is another option. There always is.

Community college is that other option. Most teachers and parents do not even give that option to their kids. It is as though a community college education is considered a failure today. But why? With hard work and perseverance, dedicated students with exceptional academic records can transfer from their community college to a four-year institu-

tion. Teachers like to use the term “four year education” when referring to a university. Students are able to get a “four year education” if they attend a community college. It is two years at a community college and two years at a university, and the student has the same degree as the student who gave up having fun in high school to study for the SAT every weekend. It is as though this route is a secret.

High school students are very uneducated about the community college system. A four-year university is excellent, especially since the student looks like a genius when going to a good school right out of high school. But this student must also have very wealthy parents because tuition at most of these universities is a big bill. According to John Hrabec of *The Huffington Post*, tuition at

Harvard in 2011 was \$36,992 per year, where most community colleges were 34 times less. Harvard is one of the most expensive private schools in our nation. So what would be the point of applying there if there is no way in hell a stu-

“ It is as though a community college education is considered a failure today. But why? ”

dent’s family could ever afford four years of it?

So why are students stressing so hard in high school to be able to apply to these schools when there is no chance of

them realistically going? It happens each and every year. This happens and the students think they are hopeless. They think they have failed. No! They do not know that there is another option. They don’t know that a community college will get them there.

For instance, take into account LJHS alumni Eric Warren. He wasn’t interested in applying to any four-year institutions during his high school career. Instead, his father, among other successful professionals, promoted the

at any university. After that he was accepted to the University of California, at San Diego, where he earned a degree of bachelor of science with a major in biochemistry/chemistry. Two years after his acceptance, Eric was a UCSD graduate. Now he is currently applying to medical schools across the nation and is working as a research associate at UCSD in the Laboratory of Susan Taylor, Ph.D., Professor of Pharmacology, Howard Hughes Medical Institute Investigator. In addition, Eric tutors students from high school through college level in areas of Spanish, mathematics, and science.

Warren’s story is an example of how students passionate about learning and intent upon earning a college degree can begin their journey at a community college. Most community college students end up getting the same education as any other college student, and the professors at community colleges are often excellent. It is not how well you apply yourself during high school, it is how well you apply yourself after high school that matters the most if you want to be a college graduate.

A LESSON IN PREPARATION

By Camille Furby
Staff Writer

In today’s society, student’s futures are crucially determined by their scores on standardized tests for college admissions. With both the ACT and SAT right around the corner, it is important that you are as prepared and stress-free as you can be. There are many simple steps that you can take in order to relieve your stress, as well as improve your chances of a higher score.

The SAT is only administered seven days a year, so when you sign up for your test date, you should prepare yourself months in advance. One of the leading ways to prepare for the SAT is to take sample tests that are proctored the same way as the real exam. By getting into the habit of timing yourself, you’ll become a lot more confident and prepared for what to expect when the real SAT comes.

Taking preparation courses is one of the most proven ways to increase your score by at least three hundred points. Just in San Diego we have many companies that specialize in SAT and ACT preparation such as

the Princeton Review, Summa, and Kaplan. These courses specifically teach you how to not only take these tests, but the “tricks” and techniques that are hidden in them to confuse you.

The day before the test, you should make sure that you have all the paperwork and essentials you will need. In order to take the SAT, you must bring a photo ID, calculator, at least two number two pencils, a water bottle, and a snack. The test is said to be around four hours with only a total of three five

minute breaks, so having water and a snack is highly recommended. At the Rush University Medical center, clinical nutritionist Jennifer Ventrelle states “The day before you take the test, it would be smart to go for a run, get on the treadmill, or take a bike ride. It helps the heart pump more blood to the brain, which not only makes your cognition sharper, but releases endorphins which

reduce stress.” Make sure to not stress yourself out the day before by taking practice tests and heavily preparing. Instead get a lot of physical activity and go to bed at least one hour before you usually go to sleep, because that extra hour of sleep can be crucial.

On the actual day of your SAT, you want to consume a breakfast that contains protein such as whole grain cereal, eggs, yogurt, and milk in order to give you the energy you need to last you all four hours. Be sure you know how to get to your test location and to get there at least thirty minutes early to check in and get your seat or ask any questions you might have. With each break that is given, make sure to not stay seated and instead stretch and take your eyes off of the test booklet. At the Children’s Nutrition Research Center in Houston, Texas, studies have shown that chewing gum actually increases your chances of a higher math score! If you have prepared sufficiently and are confident in yourself, your chances of doing well are much greater.



We ♥ Lucy

Our new anonymous advice column!
Submit your own questions to Room 501 or at ljhitide@yahoo.com!

I am a student who plays multiple sports that require lots of commitment and practice if I want a starting spot on all the teams. It takes six days of my week to work on sports. The problem that I am faced with is, as the work from school starts to stack up, it is getting hard to find time for school and participate in the sports I love. I don’t want to stay up late and miss hours of sleep or skip work and risk it effecting my grade, even though it is early in the year. What do you think I should do to be able to finish my work and play the sports I am associated with?

Dear Students with full schedules,

Our school consists of approximately 1,500 students, and your question and concerns apply to a large percentage of the students here at La Jolla High School. I too am a student athlete who faces the same challenges everyday, trust me, you are not alone. Prioritizing and staying organized are two of the main keys to maintaining a busy schedule. Knowing you have a couple hours of practice six days a week is a good starting point in being able to organize the schoolwork around that set schedule. A regular schedule will help you stay organized. Working around that constant schedule will allow you to prioritize your time and get your homework done. But be realistic. Playing more than one sport at the same time may not be feasible and may create more stress and frustration that will leave you unfocused. There are only 24 hours in each day. Here are a few more tips that will hopefully help you be a successful student athlete:

- Don’t put things off; especially schoolwork
- Develop a routine
- Most of all, relax and have fun

“If you want to make good use of your time, you’ve got to know what’s most important and then give it all you’ve got.”

-Lee Iacocca

Love,
Lucy

THE LJHS FALLMANAC

By Haley Richards
Staff Writer

Fall Food: Pumpkin Pie Cookie Butter Smoothie

Ingredients (1 Smoothie)

- 1/2 of a frozen banana, chopped
- 1/3 cup canned pumpkin
- 2 TBSP cookie butter
- Dash of cinnamon & nutmeg (could also use a couple dashes of pumpkin spice if you have it)
- 1/3 cup nonfat plain Greek yogurt
- 1/2 cup milk (your preference)
- Honey to taste
- Whipped topping/cinnamon (optional)

Instructions

Place everything but the whipped topping in the blender. Blend until nice and smooth. Pour into a glass and top with a little whipped topping and a sprinkle of cinnamon, if you wish. Enjoy!

Photos courtesy of Amanda Menas



Above: All of the ingredients you'll need. **Right:** The finished product



Clockwise from top left: Manci Rasmussen, Senior. Tristan Sullaway, Senior. Marina Movellan, Sophomore.

Fall Fashion:

It's officially time to put away your white jeans and summertime outfits and get ready for "sweater weather!" Fall is a great time of year in La Jolla; the cool breeze mixed with partially sunny skies still leaves us in great weather conditions. Being as fortunate as we are to live in San Diego, it is still possible to pull off some summer dresses and board shorts during the fall. As it continues to cool down, LJHS students prepare to bundle up and get cozy. For the ladies, boots, jeans, and sweaters are a must! It is always important to be comfortable while in class, especially on the colder days. For the guys, flannels, jeans, and sweatshirts will be perfect for school. Of course guys should be prepared to give up their sweatshirts for a special someone or even just a friend in case that someone forgets to bring their own. It is time to switch up your summer wardrobe, and be sure to keep warm as the weather will continue to get colder LJHS students! Happy fall!

Photos courtesy of Skip McCullough

Fall Surf:

Many of the students here who enjoy surfing are about to be in for a treat! According to sandiego.org, "San Diego's best surf season is August through November. In late summer and early fall, big, orderly south swells combine with Santa Ana winds to produce beautiful offshore walls and barrels. October and November are transitional months; the water temperature dips as swell arrives from the west, but light winds and clean conditions typically prevail and there's almost always something solid to ride."

Photo courtesy of Skip McCullough



Above: Senior Tristan Sullaway "shredding" the waves.

Who are we?

By Brooks Whitney,
Jeanine Erikat, Lily
Kennedy, Tony Ri-
vas, & Jillian Kopp
Staff Writers

800 Anarchy

At La Jolla High School, the surfers sit by the entrance to the 800 building. These kids have known each other and surfed together for years, and they have each others' backs no matter what. These "groms" have made the 800 building their permanent spot and plan on staying there for the rest of their time in high school.

Notice: The 800 Anarchy Surfers were recently removed from their lunch spot.



"I like sitting here because of the attention we get and we're constantly thinking of new ways to have fun," said junior Michael Gumina.

Drama

La Jolla High is huge on the arts, especially drama. Every year, the drama department usually presents two big productions, which are so well performed that, sometimes, we forget about the actors behind the roles. Drama kids typically eat lunch in the drama room. Drama students are outgoing, constantly have creative ideas flowing through them, and love self-expression.



"It's a spacious area, with freedom and no judgment. You can do crazy things and people will be laughing out of entertainment, not at you," said junior Tanner Perry.

Freshman Football

At La Jolla High School, finding a prime spot on campus to eat lunch with your friends is crucial to the happiness of your entire year. Both on the field and on the Quad, the freshmen football players display a tight bond. Since the first day of school, the freshmen football players and the rest of their friends have claimed the north-east corner of the Quad. Soon after, that spot on campus was labeled as their "turf."



"All the freshmen are there, and it's grassy so you can sit or stand, and then you know it's a nice spot," said freshman Nick Palmer.

Senior Benches

Lunch is a time when you can kick back and relax with your "peeps." For the past decade or so, the senior benches have been the ultimate spot for seniors. They have been used for a variety of purposes, such as spray-painting birthday greetings and writing memorials for deceased alumni. Although the senior benches have traditionally been a spot for only seniors, many could argue that it wouldn't necessarily be a bad thing if an underclassman wanted to sit on the benches and chat with his or her senior buds.



"I love the shade that the big pine tree provides, plus we get to make the underclassmen jealous," said senior Griffon Hooper.

Freshman Girls

For freshman, everything is new. During freshman year, students have the opportunity to make all sorts of new friends. Freshman girls tend to stay in groups with friends they feel comfortable around, so that they don't stick out like sore thumbs. Their lifestyle is pretty much the same as any girl's. Girls all go into the bathrooms to fix their hair, want to be together all the time, and feel weird if they are alone without a friend.



"I stick around my friends," said freshman Sofie Soltero.



Cafeteria:
COOL JOCKS
Newbies
White Mexis
&
Seniors Only

Map data © 2013 Google

By Lauren Robbins
Staff Writer

As the football season starts this fall, fans all across the nation sit impatiently at their TVs watching their favorite teams. Some of the most popular teams across the nation are the Dallas Cowboys, the Pittsburgh Steelers, and the New England Patriots. So where does that leave our very own San Diego Char-

gers in terms of popularity? We are in the solid middle of team rankings, given by *deadspin.com*. With the new head coach, Mike McCoy at the helm of everything, hopefully this season will be more productive.

As the Chargers continue to grow as a team, fans are becoming more supportive, and Qualcomm Stadium will be at it's full capacity unlike previous years.

The team is led once again by quarterback Phillip Rivers. How the Chargers perform as a team depends on the spirit of the players and the ability of Rivers to throw accurate passes to his teammates.

The Chargers played the Dallas Cowboys September 29th, beating them by 9 points. Hopefully this game reflects the future of this season. In

previous years the Chargers have done mediocre at the beginning of the season, and fall apart as they play tougher teams. Statistics from the 2012 season on *NFL.com* show the Chargers did significantly worse for their overall stats than their opponents.

With head coach Mike McCoy, and general manger Tom Telesco all squared away and

preparing for the 2013 season, the Chargers currently have 53 active players, and 6 injured players. Of the 53 active players, the typical fan favorites are predictably Phillip Rivers, Malcom Floyd, and Antonio Garay. High spirits coming from these three important players could possibly lead the Chargers to victory, or we're looking at another disappointing season.

Rockstar or Rock Bottom?

By Rachel Carroll
Staff Writer

Energy drinks like Red Bull, Monster, Rock Star, and Five Hour Energy are everywhere we shop. However, the American Academy of Pediatrics states, “energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents.”

Several major league baseball teams have restricted the use of energy drinks in their clubhouses, and Canada requires warning labels and certain restrictions on the content of these drinks.

Many energy drinks contain 70-80 mg of caffeine in an 8 oz serving, which is around three times the concentration of caffeine in a caffeinated soda such as Coke. Some of the concentrated “shots” or 16 oz

drinks contain 200 mg or more of caffeine, which is twice the caffeine contained in a cup of coffee. Some products contain herbal additives such as guarana with caffeine like effects. These chemicals are stimulants, and can lead to serious side effects such as nausea, anxiety, depression, difficulty sleeping, and dehydration.

Some situations are especially dangerous when using energy drinks. Energy drinks should not be used to try and boost athletic performance. There is no evidence that these drinks improve athletic performance in teenagers. However, there is evidence that high levels of caffeine put some children at risk for serious problems. Agitation, abnormal heartbeats, seizures, and even sudden death

are just a few of the possible serious health effects associated with these drinks, according to Health Effects of Energy Drinks on Children, Adolescents, and Young Adults, Pediatrics

Sometimes, it can be very difficult to feel energetic as a busy teenager facing a hard high school game or match with the extra load of school. However, energy drinks are not the solution. They will just put you at risk for serious problems. There is no real shortcut that can replace adequate rest, hydration, and proper nutrition. Although it's hard, when tired and exhausted, try to find other ways to give yourself that extra energy boost that you need.

Courageous Conway

By AJ Talman
Staff Writer

Over the summer, Coach Paula Conway of the girls' varsity field hockey team became La Jolla High School's new Athletic Director, replacing Coach Bob Allen.

Coach Conway commented, “I am really excited about it. It's a great school to work at with a lot of rich athletic tradition and I am just excited to work with a lot of young, talented athletes.” She continued to express her enthusiasm for the opportunity and the new challenges the job brings.

“It's very different. The amount of phone calls and emails have increased exponentially. It is extremely busy” she said.

The Athletic Director is not only responsible for continuing to promote athletics in the student body, but also responsible for maintaining spirit throughout the high school. Conway, and the Spirit Team at LJHS (including ASB, the Alumni Office, Football, Cheer, Band, and Splatter Club) are encouraging

all teachers to wear their red athletic shirts on Fridays. This is paving the way for students to all wear their class shirts or red/black on Fridays to have spirit be something LJHS is known for. With the new mascot, Victor-E, LJHS is on the right track.

“My favorite part about being the Athletic Director,” Coach Conway said, “is seeing the kids in action.” Conway is ready to promote the promising future for La Jolla athletes and students alike.

Carter the Creator

By Izzie Melvin
Sports Editor

The La Jolla High School varsity football team has taken a new perspective on their current season; by improving on weak points, they hope to have a winning season full of improvement.

New head coach, Jason Carter, has extensive experience, both in playing and coaching. Carter played on the Minnesota Vikings, Carolina Panthers, and Toronto Argonauts. As

for Carter's coaching experience, he said. “I first coached at the San Diego Jewish Academy and from there became La Jolla Country Day's offensive coordinator. And now, as you know, I am head coach of the La Jolla Vikings.”

Coach Carter has high expectations for his team, and hopes the team will win the CIF Championship. Achieving victory and maintaining

a sense of competitiveness throughout all four quarters is what Carter wants his team to advance in this season. Bret Schuman, senior, said, “The addition of Coach Carter has brought a new tradition to our team, and we're all very connected both on and off the field now. The entire student body can expect a solid win against Coronado at the Homecoming game.”

A Sport Not So Dead

By Ben Allen
News Editor

On September 14, Floyd “Money” Mayweather (45-0, 26 KOs) defended his WBC super welterweight against WBA super welterweight champ and Mexican sensation Saul “Canelo” Alvarez (42-1-1, 30 KOs). Mayweather won by majority decision, with the scorecards reading: 114-114, 116-112, and 117-111. The often controversial judge C.J. Ross scored the 114-114.

“The One,” the name of the fight, took place at the MGM Grand in Las Vegas in front of thousands of engaged fans, with a noticeable Mexican majority. Early on in the fight Canelo threw body shots, an offensive that proved ineffective for the ever-elusive Mayweather. Later on in the fight, Canelo's body shots disappeared and he began throwing bigger shots, but these just led to more slipping and counter punching from Mayweather. In the last round of the fight, Canelo stormed into the ring

looking to fight, only to find Mayweather—confident in his win—running around him; almost desperately. At one point Canelo even dropped his hands as if to say, “Fight me!” Afterward, Canelo expressed disappointment in his loss, and Floyd was thankful as always.

Mayweather-Canelo proved to be a huge commercial success. The fight broke the record for most pay-per-view buys, boasting over 2.5 million buys and grossing around \$150 million, of which Mayweather pocketed around 40.1 percent. Alvarez made around \$5 million, but will probably end up earning around 10. The fight saw an impressive number of viewers from Mexico, about 22.1 million, and now holds the record for the highest rated boxing match in Mexican television history.

Mayweather will be fighting again in May as part of a 16 month contract with Showtime.

UPCOMING GAMES

Girls' Volleyball:	10/4 vs Cathedral
Girls' Cross Country:	10/5 at Central Park Invitational
Field Hockey:	10/8 vs Serra
Girls' Tennis	10/8 vs Cathedral
Boys' Waterpolo:	10/10 vs Bishop's
Boys' Cross Country:	10/10 vs Serra/Cathedral



Photo courtesy of Yearbook staff

New mascot and face of La Jolla High School, Victor-E, makes his first appearance at the Varsity football Blast-Off game.

ATHLETE AGENDA

By Rachel Carroll and
Lily Kennedy
Staff Writers

High school sports have always been a major source of school spirit and entertainment as well as an escape from rigorous academic courses student athletes face. Although sports are very pertinent, they also create a high level of stress on the athletes to perform their best. With the stress, athletes begin ignoring the necessary care for their bodies, which can cause injuries on a short and long term scale.

Injuries differ depending on how it's caused. One of the many types is an acute injury, which is a result of an abrupt trauma (i.e. sprains, strains, bruises, etc.) An overuse injury occurs gradually by repeatedly not leaving time for your muscles to heal (i.e. stress, fractures.) Other types of injuries include concussions, catastrophic sports injuries, and growth plate injuries, which all contain more long term and severe effects.

Student athletes push themselves to their limits to im-

prove, but do not realize that their body will pay the price with age; "high school sports injuries can cause problems that require surgery as an adult, and may lead to arthritis later in life," according to the American Academy of Orthopedic Surgeons.

Even though some students lives may revolve around sports, is all their hard work going to lead to a body permanently damaged? Here are ten imperative rules concerning the health of your body.

1. **Hydrate:** This is one of the most important things that you can do as an athlete, as you have to drink enough water to replace the fluids you loose by sweat. Dehydration is very serious and can lead to many injuries, and can also make your workout much more strenuous. You should check your urine color when you go to the bathroom to make sure it is a very pale yellow color to make sure that you are hydrated.

2. **Eat a nutritious meal before you exercise:** Never work out on an empty stomach, as you want to make sure that your body is fueled properly before

training. Eat something nutritious with carbohydrates and proteins a few hours before, and eat something light closer to performance time.

3. **Fuel your body after your workout:** You must remember to eat something shortly after your workout to re-fuel your body. This helps rebuild your muscles and replenish your glycogen levels. This will help you recover faster and get the most out of your workout.

4. **Don't keep training if you're injured:** Injuries can be very serious and you need to make sure to rest them. Training on an injury will only make it worse, and eventually, you will have a longer period of absence. There's a fine line between pushing through the pain, and playing through an injury. Know your body and know how much you can take because you do not want to make an injury worse.

5. **Make sure you get plenty of rest:** You need rest to give your body time to heal from your workout. You also need to make sure to get plenty of

sleep: not only the day before a game, but two days before to help you get well rested. You need to make sure your body is 100 percent when it's time for performance. As a high school student athlete, it can be very difficult to get a lot of sleep, but be aware of your schedule beforehand and try your best to plan out your hours so you can get a sufficient amount of sleep.

6. **Confidence:** All athletes need confidence to reach their full potential. It's much better to play with confidence, wanting to do your very best, than to play scared, which leads to being afraid not performing well.

7. **Visual Performance:** Some people can find visually picturing themselves perform very helpful. This will help athletes imagine themselves succeeding and achieving their goals.

8. **Be Mentally Prepared:** Athletes must not only be physically prepared, but also mentally prepared. If you have a bad mental attitude and believe that you will fail, you probably will. However; if you have a good mental attitude

and are prepared and ready to compete, then this will help you achieve your goals.

9. **Have a proper warm up:** Make sure your body is ready and prepared for your exercise by a good warm up. This helps your body temperature increase and prevents pulls and strains, because not warming up, or a bad warm up, can lead to serious injuries. Warming up is an essential part of training and gets you prepared.

10. **Don't forget the cool down:** After a hard and grueling workout, sometimes all you want to do is rest and stop moving, but you must not forget about the cool down. Move your muscles around a little bit and static stretch. Cool downs help make sure that you recover the fastest you can. It will help reduce soreness and help release the lactic acid in your body. Cool downs are a key part of training and you have to try not to forget them.

All of these tips seem like common sense to athletes, but are easily forgotten. It is crucial to properly take care of your body, in order to ensure genuine health down the road.

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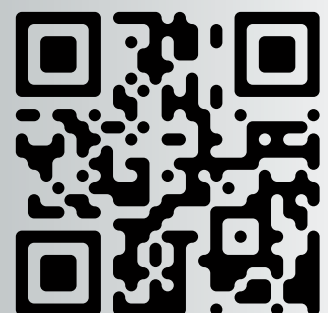
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Mayoral Race (Take 2)

By Jake Foerester
Staff Writer

The elections for the new Mayor of San Diego are drawing near and have seen several recent surprises. Forerunner Carl DeMaio announced that he would be focusing on his campaign for the House rather than running in the mayoral race for a second time. Similarly, San Diego's interim mayor Todd Gloria announced via twitter that he will maintain his current position on the city council. Below is a list of some important dates for voters as well as some of the candidates and their backgrounds.

The process of narrowing the candidates will be interesting. The first of the three major candidates is Nathan Fletcher, who is the Democratic nomi-

nee of this election. He served in the Marine Corps and earned the Iraqi Campaign Medal for his service in the Middle East. He has supported numerous pieces of legislation such as assistance to veterans, healthcare, and protection for children. He is also supported by labor unions and the San Diego City Fire Department Union.

David Alvarez is the democratic candidate. He has served on the City Council since 2010 and was the youngest member of the council at age 30, when he took the job in December of that same year.

The third candidate is Kevin Faulconer. Faulconer is the main Republican candidate for this election. He is chair of the

council's Audit Committee, which performs duties such as restoring the credit rating of the city, and clearing an audit backlog.

Moreover, the first important date for this election is November 19, 2013. This is when the opening election will be held. This election will serve to reduce the current number of candidates, which is currently twenty-three. According to the article, "Election Rules Point to February Mayoral Vote," if none of the candidates gain over half of the vote, then the city will hold a runoff election with the two candidates who get the largest number of votes, which is expected to happen in February. December 17, 2013, is when the Registrar of Voters will have taken the twenty-eight days to validate the results, and a second election will be scheduled if the initial election above goes as planned.



Photo courtesy of Taylor Mohrhardt

Shelburne Out Crowder In

By Ben Allen, Jake Foerester,
Ana Gimber

News Editor and Staff Writers

Before the month of August had even begun, students, parents, and faculty of La Jolla High were surprised to hear of Dana Shelburne's reassignment from his position as principal to take a central office post as a construction liaison. The move ended Shelburne's 18-year career as La Jolla High School's principal, and immediately after the announcement speculations were made that the move was in part a result of La Jolla High's scandalous audit. When reached for comment by *The Union Tribune*, Shelburne dismissed the speculations saying, "People are going to jump to conclusions. The audit has nothing to do with this."

Still, the move shocked many, and La Jolla High was missing a principal. The solution was an interim-principal while the search for a new principal was underway. Nearly a month after the initial announcement of Shelburne's career change, Interim Principal Pat Crowder introduced herself to students and parents.

Crowder, a former La Jolla High teacher and

principal at Patrick Henry High, expressed delight and enthusiasm at her new position when the *Hi-Tide* sat down with her in August.

However, at the time, Crowder's position was a temporary one, and her term in office finite. Now, as La Jolla High enters its second month of school, students and parents are wondering how long until Shelburne's permanent replacement is hired. A second round of interviews have taken place, and Principal Crowder has said that the former principal of Mission Bay High School is applying.

Recently, Crowder has come under fire for school-wide policies concerning the dress code, cell phones, and student dance dates. When we sat down with her last week, Crowder clarified. The "6 B's", as they are called, are actually just a way of presenting the preexisting dress code, and the cell phone policy is the same as it has always been, but the date rule is new. The new policy states that students will no longer be able to bring dates who are over the age of 21 to school dances. "It's really a kid dance," Crowder said. She said that the policy change arose over student safety regarding alcohol. It did not escape the *Hi-Tide* or Principal Crowder that her power is only temporary. She stated, though, that, in matters of student safety, she felt it was appropriate.

The new principal is expected to be announced next Tuesday after a board meeting at Normal Street.

LJHS AUDIT

...continued from page 1

tors estimated that cash collections totaled \$15,318, yet only \$980.96 was deposited to the Drama Club account.

Other infractions involved donations from the La Jolla High School Foundation. Checks written by the Foundation were recorded as much smaller amounts and the difference was transferred to other accounts. In addition, the audit found that five student clubs donated to non-district organizations without school board approval.

To prevent future financial mishandling, ASB has initiated changes. One specific change will be how the ASB club funds and activities are handled. Unfortunately, all the rules and paperwork being re-instituted have made it difficult for clubs to operate. The updates have turned off many teachers and students.

A former club advisor has declined her position for this year because of the increase of work. She stated that she

thought it would be difficult for clubs to recruit Advisors because the work required of teachers takes them away from their already very busy teaching schedules. Clubs that fundraise have the most to deal with. Club fundraising activities must be approved four weeks in advance.

LJHS ASB president, Sydney Moses was asked to explain the impact of the audit on the student body and replied, "We're not supposed to talk about it." She followed up by saying that they didn't want to spread the wrong information.

The San Diego Board of Education has stated that, due to the large amount of missing funds, the District Attorney's office has been asked to conduct a criminal investigation. SDUSD Superintendent Cindy Marten has promised that appropriate actions will be taken. These include a District ASB training process, as well as school adherence to audit recommendations.

SHOOTING RECAP

By Ilana Larry
Staff Writer

In the past thirty days La Jolla has experienced three shootings. La Jolla has always been known as a safe town, but lately you wouldn't seem so sure. On the evening of August 20, a shooting took place at the local Biltmore Motel, just blocks away from Bird Rock Elementary School. Sources say the suspect shot the victim, an acquaintance, when a conflict arose over a mutual female friend. An ambulance then took the wounded victim to Scripps La Jolla Hospital where he was treated for non-life threatening injuries.

Two more recent shootings occurred on the morning of September 18. Although the shootings were two separate occurrences, they were believed to have been related

and carried out by the same suspect.

Before sunrise, Hans Peterson, a resident of the area and former biotech entrepreneur, allegedly shot Steve Dowdy, Petersons former business partner. Dowdy was shot in the lower back. Just a few hours later Peterson shot Ronald Fletcher, Peterson's brother-in-law, just up the hill from the initial shooting.

Once police had arrived Petersen was taken into custody. Police offered insight on the motive saying Petersen blamed Dowdy for his job loss. The night of the shootings Bonnie, Petersen's estranged wife, claimed that her brother had protected her throughout their divorce. Both, Dowdy and Fletcher, are expected to survive while Peterson is scheduled to appear on court on September 23.

National Merit Scholar Semi-Finalists

Allen Cao
Ulysse Carion
Winn Cui
Irene Dea
Tessa Lowe

Taylor Osman
Zachary Ye
Belton Zhong
Lynn Zhou

Congratulations!

Oh Lorde



Photo courtesy of J.D. Tuminski

By Sarah Rainsdon
Staff Writer

Recently, there’s been a lot of talk about a new and upcoming alternative artist: a sixteen year old high school girl named Ella Yelich-O’Connor from New Zealand, who we all know her better as Lorde, who won the majority of American radio listeners over with her number one single, *Royals*. You may have heard the song itself- it can be distinguished from other top 40 songs by her sonorous and smoky voice, genius lyrics, and indie production built around a minimal beat; something along the lines of a Lana Del Rey-Charli XCX hybrid. Lorde is noted for being the first woman in seventeen years

to top the global alternative charts. On September 30, 2013, she released her debut album, *Pure Heroine* (heroine as in a woman noted for courage and daring action, not the drug). *Pure Heroine* included her first two singles “Royals” and “Tennis Court”, as well as eight new tracks- “400 Lux,” “Ribbs,” “Buzzcut Season,” “Team,” “Glory and Gore,” “Still Sane,” “White Teeth Teens,” and “A World Alone.” In an interview with Teen Vogue in July, Lorde promised the new album would be “a step forward from the stuff that’s out.” This 10-track EP has some major worldwide hype to overcome, though it should have no trouble meeting its expectations, if not exceeding them.

San Cisco, not from San Francisco

By Sarah Rainsdon
Staff Writer

San Cisco is a four piece Australian-based indie-pop band that was formed in 2009. The band consists of Jordi Davison (guitar, lead vocals), Nick Garner (bass), Josh Biondillo (guitar, vocals), and Scarlett Stevens (drums, vocals). They

have a bright, bubbly indie sound and a low-fi garage pop undertone. They have been compared to Jungle Giants, Vampire Weekend, and The Vaccines. In 2012, San Cisco completed three successful US tours, including appearances at CMJ, South By Southwest, and Lol-

lapalooza. They have also been invited to open for The Vaccines on their US headlining tour earlier this year. They currently have one album (“Awkward”), one EP (“Golden Retriever”) and three singles- “Beach,” “Girls Do Cry”, and “Fred Astaire”. Their band really took off a year ago, when they released their single “Awkward”, which racked up more than five million views on YouTube. The “Awkward” album itself is a mixed bag of the band’s philosophies on life, growth, relationships, and love. In an

interview with Teen Vogue, Scarlett Stevens described the recent album as “...quite deep, [with] lots of different sounds. There’s punk, dirt-rock songs, and there’s electronic, disco, atmospheric songs.” In another interview with the Australian music blog Rip It Up, Jordi Davison said “I’m really happy to have the album out there and give people a good introduction into what we’re trying to do. We’re already excited about writing the next album though. We’re already getting a few tracks an ideas down.”

One Acts, Infinite Talent

By Hannah Orr
Opinions Editor

If you’ve noticed the posters hanging around the school, you’ll know that The One Acts presented by the La Jolla High Drama Department are in their first stages and will be opening soon. This year, the One Acts are full of comedy, absurdism, and a dose of the surreal. The directors for this year’s One Acts are Melissa Conroy, Jake Huey-Corra, and Mrs. Boutelle. The plays include *Canker Sores and Other Distractions*, *Funeral Parlor*, *Ma-dea*, and *DMV Tyrant*, all of which put a humorous spin on stories, and everyday tasks that everyone can relate to. There are many new actors in the Drama Department this year that are making their debut in the One Acts at LJHS, so please be sure to come and support them. The One Acts will be presented in the Parker Auditorium starting October 23rd at 3PM, Oct 24th at 3PM, and October 25th at 7PM.



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

Claudia S.	CCA	2400	Kevin F.	WVHS	2400	Apoorva M.	TPHS	2370	Allen C.	LJHS	2320
B.H.	Bishop's	2400	Scott K.	CCA	2400	Ajay N.	DNHS	2360	Emily Y.	WVHS	2320
Alice X.	CCA	2400	Dan K.	TPHS	2400	Charles H.	WVHS	2360	Justin W.	TPHS	2320
Brandon H.	WVHS	2400	Ashwin R.	CHS	2400	Peter K.	TPHS	2360	Lang T.	CCA	2320
Bryan T.	WVHS	2400	Preetam S.	FPHS	2400	Shaleen S.	WVHS	2360	Nada A.	TPHS	2320
Cameron R.	WVHS	2400	Steven T.	TPHS	2400	Kevin Y.	Bishop's	2360	Nicole R.	CCA	2320
Jeffrey G.	CCA	2400	Noah T.	CCA	2380	Yara G.	TPHS	2350	Sharanya I.	MCHS	2320
Madhavi R.	CCA	2400	Ashley C.	CCA	2380	Amy C.	TPHS	2340	William L.	RBHS	2320
Nathan N.	RBHS	2400	Brenton C.	WVHS	2380	Christine C.	CCA	2330	Alexander C.	WVHS	2310
Oliver R.	CCA	2400	Grace C.	RBHS	2380	Chul Min P.	ORHS	2330	Amy C.	CCA	2310
Raj K.	WVHS	2400	Jessica E.	RBHS	2380	Eric C.	CCA	2330	Ann L.	WVHS	2310
Stephanie G.	CCA	2400	Amanda K.	CCA	2370	Erik S.	Bishop's	2330	Ashley T.	CCA	2310
Tina V.	CCA	2400	Jeffrey L.	RBHS	2370	Michael Z.	WVHS	2330	Christopher L.	DNHS	2310
Maria V.	CCA	2400	Jenny C.	Bishop's	2370	Patrick C.	WVHS	2330	Caleb H.	SRHS	2300
Timmy S.	TPHS	2400	Lucy A.	TPHS	2370	Richa C.	MCHS	2330	Katie X.	RBHS	2300
Jacqueline P.	WVHS	2400	Mark S.	SRHS	2370	Zachary Y.	LJHS	2330	Kevin J.	MCHS	2300

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UNIVERSITY OF SAN DIEGO: POPULATION 7

By Lindsey Young
Staff Writer

A full-paid scholarship, top-notch training from professionals, and a chance to work with the renowned Old Globe Theatre; this is the reality of students obtaining their MFA (Master of Fine Arts) in Dramatic Arts at the University of San Diego. Students in this program are receiving training from the best, and the program provides them with many professional performance opportunities at the Old Globe.

This program has received national recognition as the top classical acting school. It sounds like an aspiring classical actor's dream. The catch? It is the most highly selective program of its kind, accepting only seven applicants. According to its official website, www.globalmfa.org, the program only accepts 1.5% of its applicants (you'd have a better chance of getting into Julliard)! For many years, this program, under the direction of Richard Steer, has created the careers of multiple thriving actors and has given them the skills they need to further improve their acting careers.

Many wonder why the

program needs its class size to be so small. According to a newspaper article in the San Diego *Union Tribune*, having such a small number of students gives the students the individual attention they need to further improve their skills. Plus, having small classes allows each student to receive financial-aid packages providing a full two year scholarship.

If accepted into this program, students will need to pay no tuition and will already be working professionally for the Old Globe Theatre, which looks great on resumes and might help them obtain future jobs.

And here is the kick: at the end of the year, students get help transitioning into the world of professional theatre with a showcase in Los Angeles and New York, where the students show off their talents to casting agents and companies. This method has helped many graduates establish careers in television, film, Broadway, and regional theatres. Not a bad way to start getting connections. It just goes to show that a person doesn't have to live all the way on the east coast to get great training in the field they love.

Judd Apatow in LJ

By Shane Lynch
Staff Writer

Each year, the San Diego Film Festival gives a lucky director the "Visionary Filmmaker award," honoring their achievements in the film industry. This year's winner is director Judd Apatow, famous for writing such films as "Knocked Up," "The 40 Year Old Virgin," and "This Is 40," and producing other projects like "Bridesmaids," "Superbad" and the short-lived TV show "Freaks and Geeks." Apatow's influence on the world of comedy in the last decade has been monumental, as he has been involved with many blockbuster hits and giving actors like Seth Rogen, James Franco, and Jason Segel their start in Hollywood, a collection now known as "the school of Apatow." His movies feature a unique blend of raunchy humor and heartfelt themes, described by critics as "distinctly Apatow."

From a young age, Judd was obsessed with comedy. He interviewed standup comics like Jerry Seinfeld and Jay Leno for his high school radio, and

eventually made his way to Hollywood where he performed at the Improv comedy club alongside a young Adam . His later work as a writer for Freaks and Geeks, a show about high school students dealing with popularity and emotions, was a turning point in Apatow's career. He decided that comedic writing was his true passion, not standup. "The simple, really difficult struggles of life are fascinating. So I stopped trying to think about really high concepts for comedy and I tried to think of relatable, high stakes issues that everybody deals with at some point," said Apatow in a recent interview. This ideology has come to define his films, often dealing with issues from his own life and family disputes that anyone can relate to.

"At this point I have achieved an enormous amount of my goals, you know, to be a comic, make some movies, have people like some of the movies, so it really does feel like, okay, you can relax now!" The tribute will be held on October 5 at the San Diego Contemporary Art Museum in La Jolla.

OCTOBER 8-
Bright Eyes at Belly Up

OCTOBER 10 -
ZEDD at Soma

OCTOBER 18 -
Jack Johnson at Balboa Theatre

OCTOBER 9 -
The Pretty Reckless at The House of Blues

OCTOBER 14 -
City and Colour at The House Of Blues

OCTOBER 18 -
Pepper at The House Of Blues

OCTOBER CONCERTS

OCTOBER 19 -
Surfer Blood at The Irenic

OCTOBER 22 -
Phantogram at The House Of Blues

OCTOBER 28 -
The Neighbourhood at The House Of Blues

OCTOBER 22 -
Passion Pit at SDSU Open Air Theatre

OCTOBER 23 -
Paramore at Viejas Arena

OCTOBER 31-
Two Door Cinema Club at Humphrey's By The Bay

modern Family with a modern marriage

By Jeanine Erikat
Staff Writer

At one point or another, we have all seen an episode of Modern Family. The popular show has introduced us to characters such as ram-bunctious Gloria, pretty (but stupid) Haley, brains of the family Alex, crazy Claire, and Manny, who is far too sophisticated for his age. However, two characters that leave a lasting impression on viewers are logical Mitch and eccentric Cam, who also happen to be a gay couple.

On September 26, 2013, the show's fifth-season premiere, was one for the history books. Cam and Mitch became the first gay char-

acters on TV to be legally married. According to writer-producer of series Jeffrey Richman, that wasn't originally the plan. In the show Cam and Mitch have been in a relationship for eight years; they live together and have a daughter.

However, the official U.S. Supreme Courts decision for allowing same-sex marriage in California was the perfect motivation for the marriage to take place. Richman claims this twist of plot was never meant to be a political statement. The series is now showing the true result of the legalization of same-sex marriage in California.

Furthermore, the series depicts their relationship as any

other couple. Cam and Mitch are affectionate, supportive, argumentative, get into crazy adventures together, and may be slightly overprotective over their daughter Lilly, but are great parents. Cam and Mitch are most impressive due to their constant witty banter; their sarcastic remarks, and fact that it seems like there couldn't be a couple better fit for each other. The series demonstrates a healthy relationship because it doesn't fall back on stereotypes of gay relationships, but explains the ups and downs of parenting that anyone, gay or straight,