

Hi-Tide

Volume LXXVVIII Issue 6 - May 4, 2012

Celebrating La Jolla High's 90th Year



Remembering
Junior Seau
pg. 9

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Battle of the Bands

Tonight, 7 p.m.
Parker Auditorium

1st Annual Film Festival

May 11, 7 p.m.
Parker Auditorium

ASB Update

Vikings,
Interested in leadership opportunities while having a great time sharing rewarding experiences with a unique group of friends? ASB applications for the 2012 to 2013 school year can be found online under the tab “ASB Forms.” Anybody is welcome to apply. There is a mandatory meeting May 8 at 7 a.m. before school when applications are due.

The school’s First Annual Film Festival is this month on May 11. Come Friday evening at 7 p.m. to watch La Jolla High’s up and coming filmmakers share their latest works. A requirement was to include a potato, so expect to see interesting uses of the spud. It will be an entertaining evening packed with surprises and prizes, so make sure to come and support all of the participants!

Seniors! Prom is approaching quickly on May 25 at the Prado. Tickets for non-senior dates go on sale May 11 for \$55. We hope to see you there.

Thanks for your time and apply for ASB for next year!

Sincerely,
Erik Vanstrum
ASB President

Race to the Top: A Look at Classroom Diversity

By **Wendy Nettleton and Jordan Linsky**
Copy Editor and Staff Writer

Walking the halls of La Jolla High School, it is apparent that the racial diversity within the individual classrooms is not representative of the student population as a whole. Out of the 1,526 students attending La Jolla High School, 449, or 29%, are Hispanic. However, these numbers are not representative of the AP classes.

The AP program was designed to give students an opportunity to earn college credits and stand out in the college admission process. In a random selection of four AP classes, the number of Hispanic students within the classes is 26 out of 402, or 6%. When looking into the numbers for the regular counterparts of the four AP classes, it was discovered that 41% of the students are Hispanic. The data reveals a staggering deviation in La Jolla High School’s academic programs.

Cindy Santana, a Hispanic senior in regular economics and British literature, shared her thoughts. “In this class [British Literature] specifically...it’s a mix between white kids and Mexican kids. But, in an AP class, I’ve noticed that sometimes there [are] more

white kids than Mexicans. Every now and then you see one try-hard Mexican...but most of the time you never really see them: it’s just white kids.”

She continued to elaborate about why this is occurring, saying that “I do not know whether it’s because the Mexican kids aren’t trying, or if they’re intimidated by the competition... Most of [the white kids] are really smart, and even then, if they aren’t smart, they are still white kids. It is majority versus minority, so I’m guessing that is why [Mexicans] aren’t there.”

Andy Hill, a Caucasian senior, has a schedule with both AP and regular classes.

Hill responded to the question of whether he noticed a racial difference between AP classes and regular classes by stating, “Yeah, I think it is less about race than it is about people that want to be there and do not want to be there. But, there is a race difference. It is entirely someone’s decision to take an AP class or not.”

Adding to that, Hill said, “I have seen plenty of minorities in AP classes, and they work hard and do well. But, there is a stereotype and I feel like people feel comfortable blending into that stereotype of minorities and they do not want to take AP or higher level



AP Biology students in Mrs. Tenenbaum’s sixth period class.

classes.”

Take for example, AP versus regular Biology. Biology is a required course for all students at La Jolla. For the two AP Biology classes, three out of 68, or 4%, are Hispanic students. On the other hand, the regular biology classes have 117 Hispanic students out of 243 students, or 48%.

Mrs. Tenenbaum, who has taught AP and regular biology for many years, does notice the difference. “I do not know that [Hispanic students] are being directed to take AP Bio, even if they do well in the regular bio classes...They are not always advised by teachers or counselors to take AP classes...and so maybe they should be encouraged more, especially if they do well. I also think there is a

friend thing. If your friend isn’t taking the class or is taking the class, there is more likelihood that you will take that class.”

She continues, “Everyone needs to make a better effort. Kids at La Jolla need to work on being more inclusive...you have these cliques, and these cliques are really hard to break through.”

One Hispanic student in an AP class (and the only Hispanic student in this particular class) felt as though he had the advantage. He said that he was able to represent Hispanics and that when he did well in the class it was a good reflection on him as a student. This student, who prefers to stay anonymous, definitely notices that he is the only one and he

Continued on pg. 10

Dodgeball comes to LJHS



Photo Courtesy of Daniel Hamilton

By **Owen Miller**
Staff Writer

Dodgeball is a true spectator sport, brutal and grueling. It is a simple game: throw, catch, and dodge. If done successfully, a team can be unstoppable.

The sport is not usually offered in high schools, except for the occasional game in P.E.

However, students (as well as teachers) at La Jolla High had the opportunity to participate in a dodgeball tournament hosted by ASB last week.

Many teams participated but

the two teams that prevailed and made it to the finals were teams composed of student athletes: one of water polo and volleyball boys and the other of basketball and football boys.

Throughout the week, the excitement surrounding the tournament escalated until it peaked on Friday in three heated games in which the water polo and volleyball players dominated.

The coalition of water polo and volleyball players did not lose a single match during the entire series and defeated their competition with ease.

Letter from the Editors

Dear Readers,

Another year of school and of the *Hi-Tide* has come and gone; we have reached the final issue of this academic year. As senior staff members, we are preparing to say farewell to room 501 as graduation approaches ever nearer.

Journalism has been a large part of our lives for the past three years. We can still recall joining the paper as staff writers, ascending to page editors, and eventually taking on the Editor-in-Chief positions.

All of these roles have taught us about how integral every member of the staff is to the paper’s success. The paper has taught both of us a tremendous amount about leadership and commitment, and we are leaving it behind with great pride in what we have learned and achieved.

Though we wish we could remain Editors-in-Chief for another year, all things must

eventually come to an end.

We are pleased to pass on our positions to current juniors Sarah Devermann and Tim Rayner. We are confident in Sarah and Tim’s abilities and are sure that the *Hi-Tide* will continue to capture the spirit of La Jolla High. In fact, we are sure all of the upcoming staff members for the 2012 to 2013 year will strive to bring you an improved publication.

As always, we thank you for your readership. Many late nights were spent creating each issue, and we hope that all of the time we placed into the paper was apparent.

Our time to shape and create the paper may be coming to an end, but we look forward to the evolution of the *Hi-Tide* in years to come.

Sincerely,
Olivia Polger and Ashley Wei
Editors-in-Chief

The La Jolla High School Hi-TIDE

Editors-in-Chief

Olivia Polger

Ashley Wei

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Great Potential in Selfishness *the root of all growth*

By Alex McMahon

Copy Editor

From religion to life perspectives, *radix malorum est cupiditas* to cynicism, almost every system of beliefs or school of thought has an opinion on selfishness and related concepts. Not all go as far as the true cynic to say that selfishness is the largest motivation for human action, but few disagree with its undesirability.

As always, an intermediary consideration of two seemingly contradictory views can perhaps provide a more sensible opinion, focusing on universality and acceptance. Juxtaposed in such a way, it becomes apparent that one should follow the other.

Universality

Selfishness is universal. Although irrefutable by any objective measures or the dominance of an opposing trait, such as altruism in the shadow of Kitty Genovese's harrowing murder, it would be nonsensical for human action to be completely selfless.

Humans are emotional beings; therefore, humans are driven by emotions. Without some self-interested desire, even in—especially in—undesirable situations, one would cease to act. Students who begrudgingly attend school every day at least see payoff in the future or less harping from their parents in the present.

Those who truly see no benefit still find it simpler to comply.

Moving from the innocuous to the unpleasant, now comes the commonly accepted and resentfully stated reality of altruism. Disregarding ones with obvious ulterior motives, acts of kindness make people feel better about themselves. A person might think it his moral obligation to provide for his fellow man, but then he is merely supporting his own ideals.

To remove selfishness as the root of their actions, people would need to abandon all preferences, pleasures, desires, and values.

Irrelevance

Nevertheless, that which is universal is nearly irrelevant. By accepting the inevitable pervasiveness of selfishness, people can develop beyond the constraints of rose-colored glasses and be better aware of detrimental selfishness.

Some negative selfishness is obvious, some is subtle. True selflessness is difficult to criticize, and many jaded people can attest to how hard it can be to stay positive. After true selflessness is discounted, inconsistency becomes doubtful and can be criticized as it should be.

Regardless, no actions with a beneficial result should be dismissed as long as they do not

compromise one's integrity to accept them. Rich men may donate innumerable sums of money to hospitals in order to have a wing named after them. None may think less of them, yet they do not deserve preferential treatment when they need medical help.

If selfishness is universal, then it cannot immediately counteract all actions and emotions. Selfishness is merely the means through which people can identify the value of others to themselves. If it did not exist, nothing would mean anything to people. Humans are selfish because they care.



Photo Courtesy of www.cartoonstrips.com

The Domino Effect: Fair or Unfair?

By Mia Kelliher

Staff Writer

Why should one person's wrongdoings cause the rest of the group to be punished as well? In many cases, if a certain person is causing problems, then restrictions and consequences follow not only for them, but also for other students.

The domino effect, which can be applied in various situations, occurs when one thing is corrupted and everything behind it follows. It does not seem fair that if one person does something wrong, everyone else should be punished, knowing that others did not have anything to do with it. The argument that "everyone

is in it together" is not valid because it does not always apply to the situation or assume that the only way to prevent problems from happening again is by setting more limitations in order for everyone to understand the consequences. Punishing everyone and getting others upset will lead to more issues rather than punishing those who created the problem in the first place.

At La Jolla High School, the amount of trash left by some students leads to consequences for all. After students constantly left their trash in the hallways of the 500 building, it was recently closed off during lunch. It has cleared up the mess, but what about the people who enjoyed eating their lunch there

and now have to migrate to a different area?

Curfew hours for weekdays in San Diego for those under 18 years old are from 10 p.m. to 6 a.m. Stricter restrictions on curfew are now being enforced as more minors are staying out later and causing disruption. If students were able to behave better, there would be fewer limitations on when and where they could be out. When certain groups of student bring about unwanted situations during the night, it results in others being punished and restrictions placed on the times they are allowed to stay out, even if their intentions were not problematic.

Cheating is a key factor in the domino effect. When one or a couple students cheat on a test or

project and the teacher finds out, either the tests become more difficult or everyone has to retake it. The people who cheated are the ones who deserve to be punished for their actions. There is no definite purpose in making tests harder for everyone else just because of a few students in the class. It causes more of a hassle for everyone and does not focus on the actual cause of the problem.

There should be another way of stopping the domino effect and only punishing those who created the problem. What is the benefit that comes out of having consequences and stricter restrictions to students who were not even involved? Nothing.

Attention Facebook Junkies:

It's time to clean up your social media footprint

By Emma Scott
Copy Editor

Students at La Jolla High School typically start to feel the pressure roll in as soon as their junior year comes around. They are under the constant pressure of keeping their grades straight and SAT scores high among a sea of competitive students. Some can barely keep their heads above water when it comes to college acceptance. And yet there rises a new concern among this year's graduating class and many to come: the significance of their Facebook pages.

Checking Facebook profiles before acceptance is a growing trend among college admissions officials. A recent study from Kaplan (a unit of *Washington Post*), showed that out of a survey including 500 top colleges, 24% acknowledged the use of social networking to assess the applicants' worth. This is a dramatic increase from the last survey, in which only 10% included social media as a source in the application process.

Of those colleges who did take advantage of their applicants' social networking, 38% said the content that was revealed online had a negative impact. Some students even

received rejection letters due to evidence of underage substance abuse or pornographic

cord numbers of applications and devastating budget cuts. It is obvious that the admissions

A recent study from Kaplan showed that out of a survey including 500 top colleges, 24% acknowledged the use of social networking to assess the applicants' worth.

images on their profiles.

Many students argue that it is unfair to judge an applicant based on what they post online. The reality of the situation is, however, that students of this era are in a new stage of technology, and must therefore be wary of how this affects their reputation.

A majority of the colleges surveyed admitted that there is no policy of when it is or is not appropriate to snoop through an applicant's profile. And even when a user's profile is set to "private," many admissions officers and employers have been able to find loopholes and various channels to access the information needed to properly evaluate an applicant.

This year, college applicants are facing one of the toughest years for admission due to re-

ceived rejection letters due to evidence of underage substance abuse or pornographic cord numbers of applications and devastating budget cuts. It is obvious that the admissions

officers do not have the time to sort through every applicant's user profile, but knowing how selective the process is becoming, it is important for students to submit the strongest application possible. Colleges are not only looking for perfect GPA's and countless extracurricular activities but also for citizens who are upstanding in their community and have general positive effects on those around them. Although colleges do not typically search out individual students, they will make the effort if they get an anonymous tip from teachers or even jealous friends. Do not let those questionable pictures or grumpy and risqué statuses keep you from your top choice college: it is time to clean up your social media footprint.

Man Up

By Jordan Linsky
Staff Writer

Throughout the ages, men have earned notorious reputations for fearing commitment and being heartbreakers. However, it is not entirely their fault. Women have contributed to the non-committal issue by becoming annoyingly needy and overly attached.

Boys cannot be expected to settle down if a psycho girlfriend is going to emerge within a month, especially during teenage years.

High school relationships should consist of nothing more than enjoying time with a special individual with whom nothing is taken too seriously.

nificant other, there are many more people to meet and discover beyond the walls of La Jolla High School. Rather than losing themselves within a short-term relationship, girls need to enter with care and think more along the lines of their male counterparts.

The image of girls in today's society, as the needy, dependent, stereotypical role, is appalling. Being in a relationship does not mean girls need to roll over and give into anything their "man" says or wants.

Being a strong individual before and during a relationship will attract people who respect strong, confident women. If females want to be viewed as equal to men, they need to act like themselves in every aspect of life.

Girls need to set a new standard by presenting themselves as confident, independent individuals.

The chances of high school sweethearts tying the knot are extremely rare. However, many girls enter into relationships with the mind-set that "he is the one."

High school is an incredibly short portion of life and although it may be sweet and comforting to have a sig-

Rather than being the stereotypical pathetic girlfriend, a role which many women fall into, girls need to set a new standard by presenting themselves as confident, independent, individuals. Once women attain that role, relationships will truly be equal for men and women.



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Local Grub

The unexpected new favorite restaurants in La Jolla

By **Mia Kelliher**
Staff Writer

Experiencing different foods opens up one's mind to unfamiliar cultures and tastes. While the most well known food places of La Jolla High students include Don Carlos, Rigobertos, Smashburger, Wahoo's Fish Taco, and Yogi Topi, there are multiple af-

appetizers to choose from? A small Italian restaurant, La Dolce Vita, located on Prospect in the back of the courtyard, has an elegant outdoor patio with hanging lights as well as an indoor dining area with Italy-inspired decorations. It is open from Monday to Thursday and Sunday from noon to 9:30 p.m. and on Fridays and Saturdays from noon

open on Sundays from 9 a.m. to 1 p.m. and has a plentiful selection of cookies. Since there are so many cookie flavors, almost everyone will find one to satisfy their craving. A bonus is its online website (www.thecravory.com), where you can customize your own batch of cookies; options come from a variety of cookie dough flavors and mix-ins such as nuts, fruits, and candy bar bits.

Located on Turquoise Street, Oscar's Mexican Seafood has a range of different dishes students can try and appreciate. Open from Monday to Saturday from 10 a.m. to 9 p.m. and on Sundays from 10 a.m. to 7 p.m., there is plenty of time to stop by. Its fresh and delicious meals are what keep bringing customers back.

Puesto, located in downtown La Jolla, boasts all-natural meats and handmade tortillas. With taco fillings which include cactus, it is no wonder

Instead of going to the usual restaurants, why not experience a hidden gem somewhere in La Jolla?

fordable and casual restaurants that receive high ratings by customers, but are unknown to many.

Finding good hole-in-the-wall places is beneficial because it involves obtaining enjoyable and new types of food. Instead of going to the usual restaurants, why not experience a hidden gem somewhere in La Jolla?

Searching for an authentic Italian dinner with a variety of pasta, pizzas, salads, and

to 10 p.m.

The Cravory, a dessert stand at the La Jolla Farmers Market,

Experiencing different foods opens up one's mind to unfamiliar cultures and tastes.



La Dolce Vita (top), Oscar's Mexican Seafood (bottom right), Bibby's Crepe Cafe (bottom left), and Puesto (middle) are pictured above.

Pictures courtesy of google.com



this restaurant is becoming a quick favorite. Puesto is open Monday through Sunday from 11 a.m. to 9 p.m.

If a great breakfast place is on your radar, why not sample a crepe, either savory or sweet, or dig in to a Belgian waffle, at Bibby's Crepe Cafe. Bibby's is located right next to Don Carlos and open everyday of the week.

An oldie, but a goodie, Panera Bread attracts people

with its soups, salads, and, of course, bread. Enjoy a hot, grilled panini and finish it off with a freshly baked M&M cookie. Located on Girard, you will have no problem finding it, considering it is two stories high.

In La Jolla, there are a great deal of restaurants that are not very publicized, but have appetizing dishes whether you are in the mood for a quick bite or a sit-down meal.

May the Fourth Be With You

By **Brittney Schrift & Hannah Rawdin**
Features Editor & Copy Editor

Today is May 4, 2012. What a glorious day for the last issue of the *Hi-Tide* to be published on! Besides it being National Star Wars Day (hence the title), and National Bird Day, here are some other significant moments in history that share the date with our last issue.

1715



1715—French manufacturer debuts the first folding umbrella in Paris

1871—First Major League Baseball game (Ft. Wayne defeats Cleveland by two runs)

1886—Haymarket Square Riot

1904—The U.S. begins construction of the Panama Canal

1927—First balloon flight over 40,000 feet in Scott Field, Illinois

1929—Audrey Hepburn (actress) was born

1959—The first Grammy Music Awards are held

1975—Houston's Bob Watson scores baseball's one-millionth run of all time

1979—Margaret Thatcher becomes the first female Prime Minister of the United Kingdom

1979—Lance Bass (singer of the band N*SYNC) was born

1979



IF I WON THE LOTTERY I WOULD...

By Owen Miller
Staff Writer

Photos courtesy of Brittney
Schrift and Chance Miller

Hi-Tide staff asked students what they would do with the money if they won the big jackpot.

“I would buy a good sized house on the beach, I’d buy two cars (one SUV and one Austin Martin) and a helicopter.”
Zach Nelson

“Buy a house for my mother, start a clothing line, travel to beautiful places, and try exotic foods. And I would also buy my boyfriend an Audi.”
Gabby Vassallo

“I would give it all to charity, specifically the Cancer Foundation.”
Rachel Lehmann

“Because I play football, I would help the school out and buy a brand new field and lockers for everyone.”
Mark Rawdin

“Buy an island in the Caribbean and give the rest to charity.”
Coleman Lee

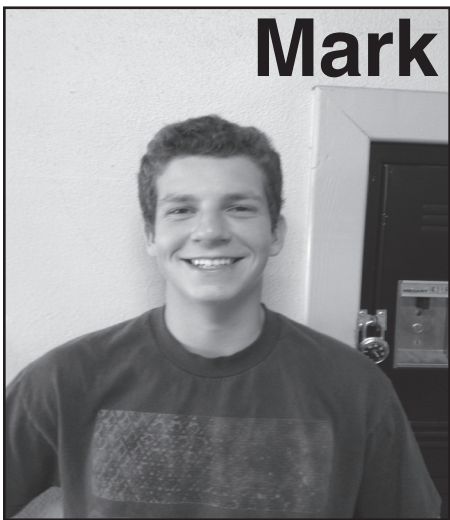
“I’d bribe the admissions people at CSU Long Beach to allow me into the school for the fall.”
Mandela Watson

“I would buy a boat, pay for college, and save the rest.”
JD Neri

“I would buy a Mac Book Pro, quit school, and move to China.”
Cole Martinez



Gabby



Mark



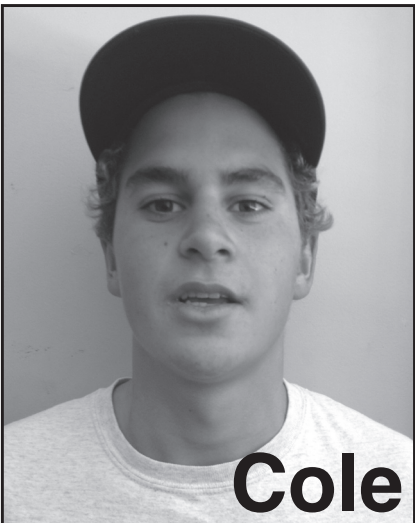
JD



Zach



Rachel



Cole



Mandela



Coleman

Senioritis

By Jon Real
Staff Writer

Senior year: a lot can be said for it. Either it is the most stressful of times or a complete lack thereof. **Every year a crippling disease strikes a large portion of the graduating class** (and the occasional underclassman). This deadly disease is known as “Senioritis,” and it has plagued this school for many years.

There are three categories of seniors--the healthy, the protected, and the endangered. Healthy Seniors are the ones who still live in a state of boring tedium, attending all their classes, and “obeying The Man.” Protected Seniors occasionally ditch classes, but on the whole are fairly reliable students who run the slight risk of becoming “Endangered Seniors.”

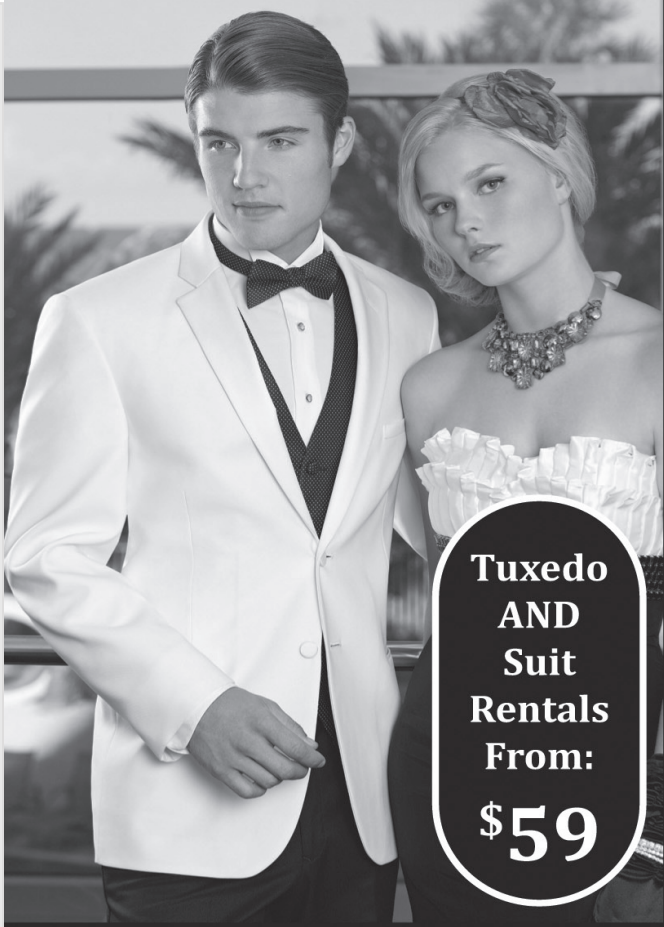
The Endangered Senior is an interesting species, usually accepted to college; they are characterized

by their mantra of “not giving a single [flip].” They regularly ditch class, use illegal substances, and show a chronic disregard for authority. The Endangered Senior is always at risk, evading the “Po,” Mickey, and others who would wish to end their endless shenanigans. **The Endangered Senior runs the risk of losing all of their senior privileges, which can only be gained back by appealing to school officials.**

When examining the mentality of an Endangered Senior, one first notices that they often see themselves as adults since they are 18. They assume they are afforded all rights that they enjoy off campus at school. The school sees it another way; while in school, an adult is a ward of the system, with the same rights as a juvenile.

But soon, the afflicted Seniors will be rid of this disease; graduation is only a few weeks away. They will finally be able to enjoy summer, prepare for college, and get ready to lead lives outside of the barriers of La Jolla High School.

Have you been infected?



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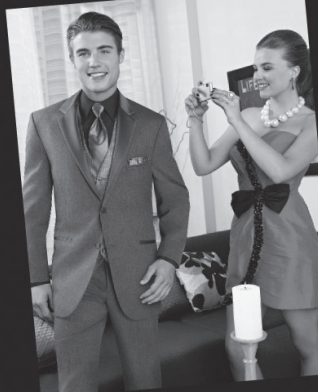
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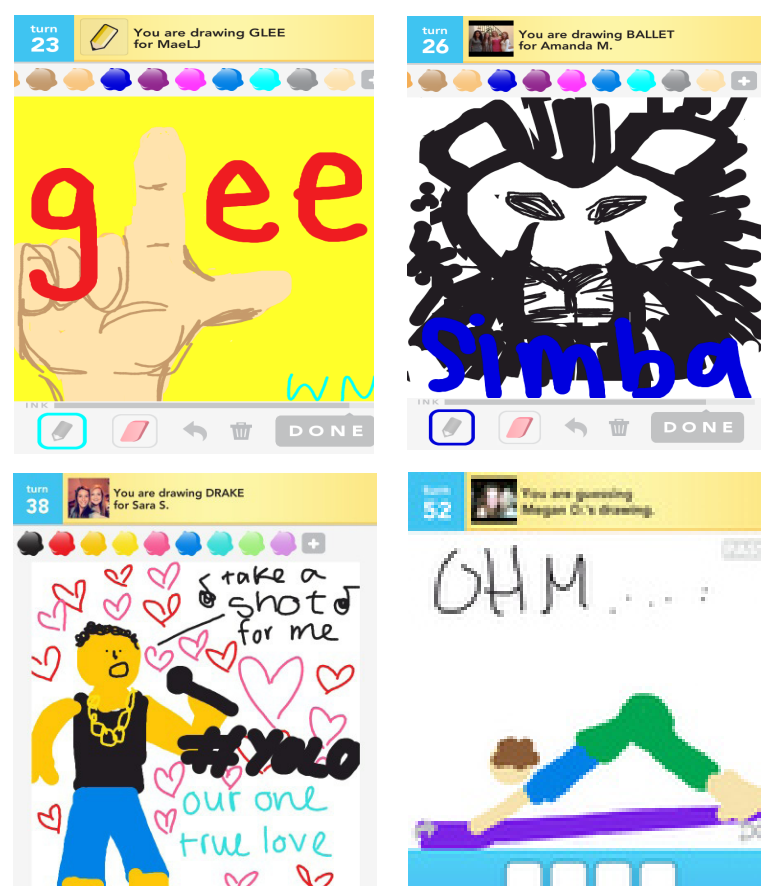


DrawSomething

By Jessica Savage
Staff Writer

By Karina Bistrong
Staff Writer

Now you are able to challenge your friends through Facebook or Twitter with Draw Something, an app that has lately skyrocketed with popularity. The Draw Something App has been ranked number one free app, paid app, and word game in eighty countries and counting. It is also number one on the Android market for best free game and paid game. The level of artistic ability varies from stick figures to masterpieces with the drag of a finger.



Draw Something is a pictorial game for the touchscreen. There are over fifty vibrant colors that can enhance any simple doodle, bombs to exchange and explode sets of words for a new set, turn-based gameplay to make it easier to draw and guess at your own pace, and a leaderboard rally to keep track of which friends have taken the most "turns."

Draw Something was created by the gaming developer, OMGPpop. Within the few months Draw Something has been released, it has attracted over 35 million players. OMGPpop's mission was to create a game that could draw in any type of crowd with a hint of competition and collaboration. On March 21, OMGPpop was acquired by Zynga for \$180 million. Zynga's recent purchase of OMGPpop will enable significant improvements to the game. The company is working on incorporating a chat feature or the option to save the drawings within the app, instead of having to take a screenshot.

Draw Something gives players the opportunity to develop new kinds of relationships among friends. Whether it is sharing your artistic talents, or lack thereof, you get the chance to enhance what you already know of one another. Some may put a detailed picture of a person doing yoga, clearly taking their time on the drawing; while others may just simply write out a word because it is just too difficult or they are too lazy. Anything can be drawn in Draw Something!

By Chase Berry
Staff Writer

Instagram

About two years ago in a small San Francisco office, a group of people decided to start a photo sharing app for the iPhone. The first day they launched their new app was a huge success. Thousands of Apple customers download their new app so the computers they had that handled the photos kept crashing and they didn't know what to do.

Then, in April, the Social Network decided to purchase this photo sharing app known as Instagram for one billion dollars. It is a noteworthy move for Facebook, considering that Instagram, which was recently purchased, is only worth less than one hundred million dollars.

With this new photo sharing app, the Social Network will gain a formidable mobile player. For the last two years, this photo sharing app has become one of the most downloaded apps in the Apple app store with over thirty million users.

In another blog post on Instagram's website, the chief executive, Kevin Systrom, mentioned a new parent company going to take them over.

Mark Zuckerberg posted on his Facebook page, "I'm excited to share the news that we've agreed to acquire Instagram and that their talented team will be joining Facebook." He also wrote, "We're looking forward to working with the Instagram team and to all of the great new experiences we're going to be able to build together."

As a little celebration, Zuckerberg described the transaction as an "important milestone" for the company on his Facebook.



Top Left By Ryan Walsh
Bottom Left By Rose Chute

Top Right and Bottom Right By
Jonna Schreibman

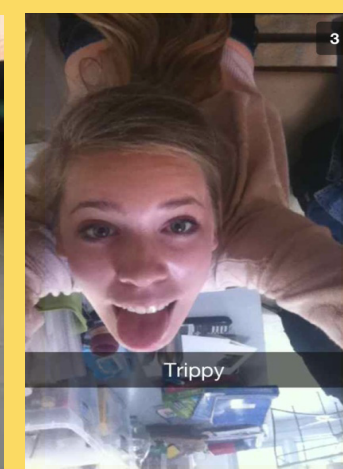


Saw this on the way to school

Snap! Snap! Picture chatting is a good time-waster during the school day and has influenced many La Jolla High students. Snap Chat is an app on the iPhone that allows you to take a picture and then send it to a friend for a certain amount of seconds. It is not like an ordinary MMS photo because once it is opened, it can never be viewed or shared again. There is some skepticism that the original purpose of the app was for "sexting" since the pictures are automatically deleted from the server once they are viewed. However, that is only one point of view since the majority of the pictures are just of silly faces.



FIERCE



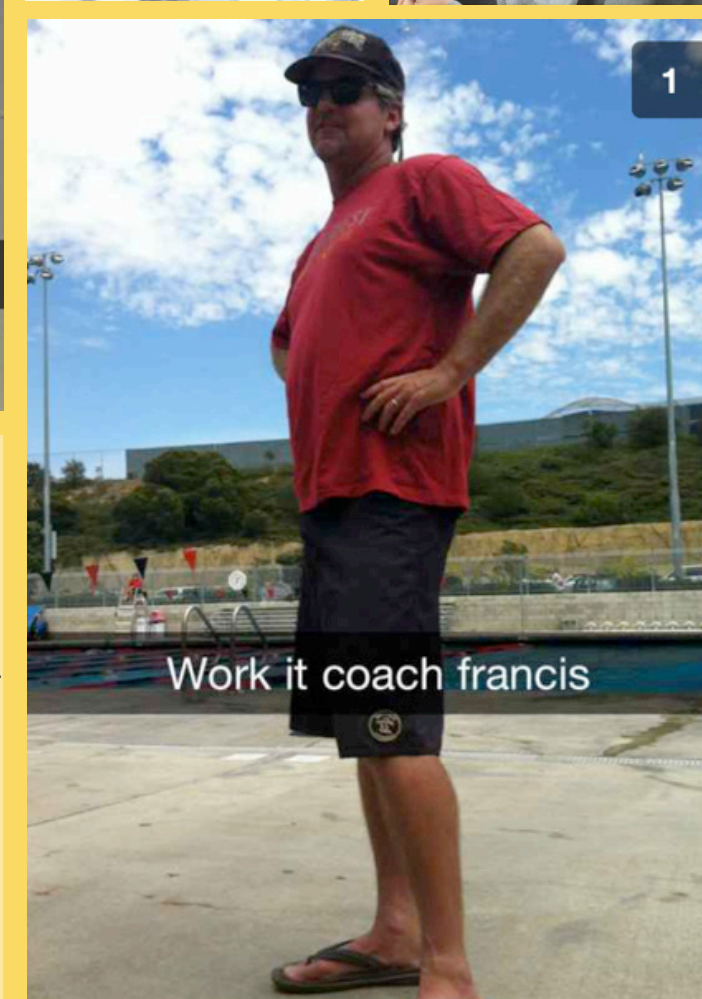
Trippy



Excited for school.



Knife!



Work it coach francis



Prom?

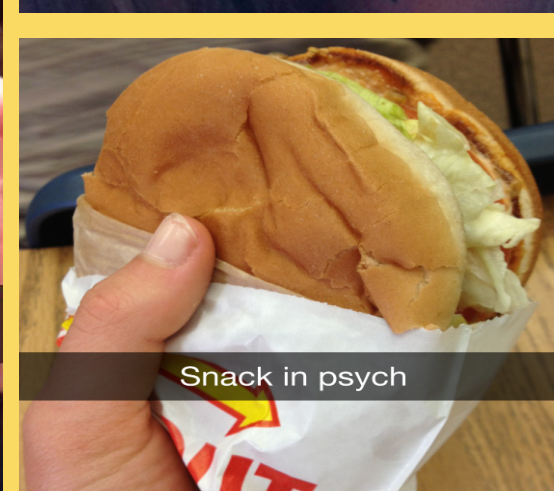
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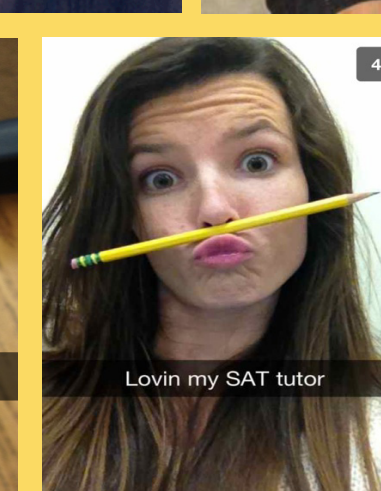
Ill see u in 20



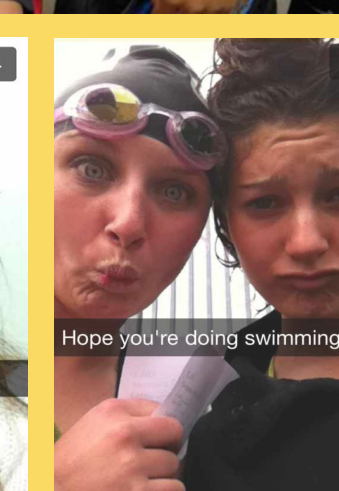
TYSON



Snack in psych



Lovin my SAT tutor



Hope you're doing swimmingly

Unique Sports: Polo, Fistball, and Octopush

By Mischa Kabbage
Staff Writer

Ever get tired of La Jolla High School's plain, old, everyday sports? Try something new, like Polo! Polo is a sport created by Persians in the 1st century AD. Later, the sport became popular among the British. Polo is a team sport played on horseback and the



-----Photo courtesy of AnimalDiscovery-Chanel-----

objective is to score goals against the opposing team. In order to play, players use a long mallet and a white plastic or wooden ball. Players score by pushing the ball around with the mallet and attempting to get it into the opponents' goal. Like many games, whoever scores the most goals is the winner. The sport may be



-----Playing Octopush. Photo courtesy of adamlauphoto.com-----

from ancient times, but nonetheless, it remains very amusing.

Another interesting and uncommon sport is fistball. Despite the fact that it is mostly played by men, fistball is an ancient sport that is still practiced all over the world. A mix between tennis and volleyball, the goal of the sport is to hit the ball with one's fist or arm, and land it in the opponent's half of the court, out of reach from one's opponent.

After passing the net, the ball may be touched up to three times by the five players

on each team. The sport can be played indoors or outdoors and is featured in the World Games.

One last unique sport is called Octopush. Octopush (also known as underwater hockey) is a non-contact sport and originated mainly from Australia, but it is commonly played in the U.K., Canada, New Zealand, and South Africa. To play, two teams must compete to push, swim, and maneuver themselves underwater in order to slide a puck across the bottom of a swimming pool and into "goals."

Players wear a series of different kinds of gear including masks with snorkels, fins, a glove for the playing hand, and use a special stick and puck to play the game.

Before the start of a play, the puck is placed in the middle of the pool, and the players start at the wall above their goals. Plays continue until either a goal is scored or a break, pause, or foul in play is signalled by a referee. Although common sports are fun, these uncommon sports are something new. They are all extremely fulfilling and should be tried by all.

A Summer-less Summer

How La Jolla High Athletes Stay in Shape Over the Summer

By Waverly Richards
Staff Writer

As an athlete at La Jolla High School, one never has a summer break if one is serious about his or her sport. People may think it is summer and it is time to do whatever they want and sit around all day, but athletes do not get that luxury.

Katie Chapman, a serious, year-round volleyball player and a freshman at La Jolla High School said, "My goal in the summer is to stay in shape and keep up my skills. To do this, I play beach volleyball and I love it! It's so much fun and you get to be at the beach. Beach volleyball really helps with your technique, so that when you hit the gym indoors you feel like you're flying because it conditions you so well."

All sports have different types of training. For example, athletes may be lifting weights, having private sessions with a coach, going on runs, stretching throughout the day, or doing hot yoga and other workouts to maintain their strength. Michael Wagner, a varsity football junior player said, "My summer summed



Photo Courtesy of Giovanni Moujaes

Sophomore Kurt Rustin, at a track meet vs. Saints Augustine/OLP, racing ahead of two Saints hurdlers.

up is pretty much lifting, lifting, and more lifting. I am in the gym four times a week and am always pushing myself my hardest. During the summer, my football team has team building competitions until August...then the season starts back up and we're in perfect shape."

For students who are taking their sport to the next level and planning to play in college, they have their most strenuous

workouts to come. Mattson Smith, a varsity volleyball player and a senior at LJHS who is going to UCSD with a partial scholarship says, "Training is going to be a big part of my summer. Although my college coach has not emailed me the summer training program, I will be in the gym lifting every other day, and on the field doing plyometrics (sprints, balance, squats...ect) and on off days I will run a few miles to

keep in shape."

The athletes who have taken their sport to the next level and have the training in college have the most difficult workouts that push them to thrive for their starting positions in their sport. Jimmy Filter, a graduate of La Jolla High School who is attending Northeastern University on a scholarship to play baseball said, "During the summer I try and stay in baseball shape.

Most college baseball players play in a college summer league. There are different leagues all around the country and they are meant for the players to get their reps and work out during off-season just like you would for any other sport. Last year I had the opportunity to go to Hawaii and it really helped me out. I got to work on some areas of the game that I struggled in during the previous season and just tried to stay relaxed and have fun. When the summer season ends, I just try and get to the gym a few times a week and I'll have my dad hit me ground balls. It's a lot easier to get out of shape than it is to get in shape especially when it comes to baseball, so even little things like that are beneficial. Summer is a lot of fun for us college baseball players but we still have to stay committed and get our work in."

Athletes' schedules are packed full. On top of the strenuous workouts, they also need to study for academic obligations such as SAT or ACT. Student-athletes will always cherish the few days that they have off during the summer.

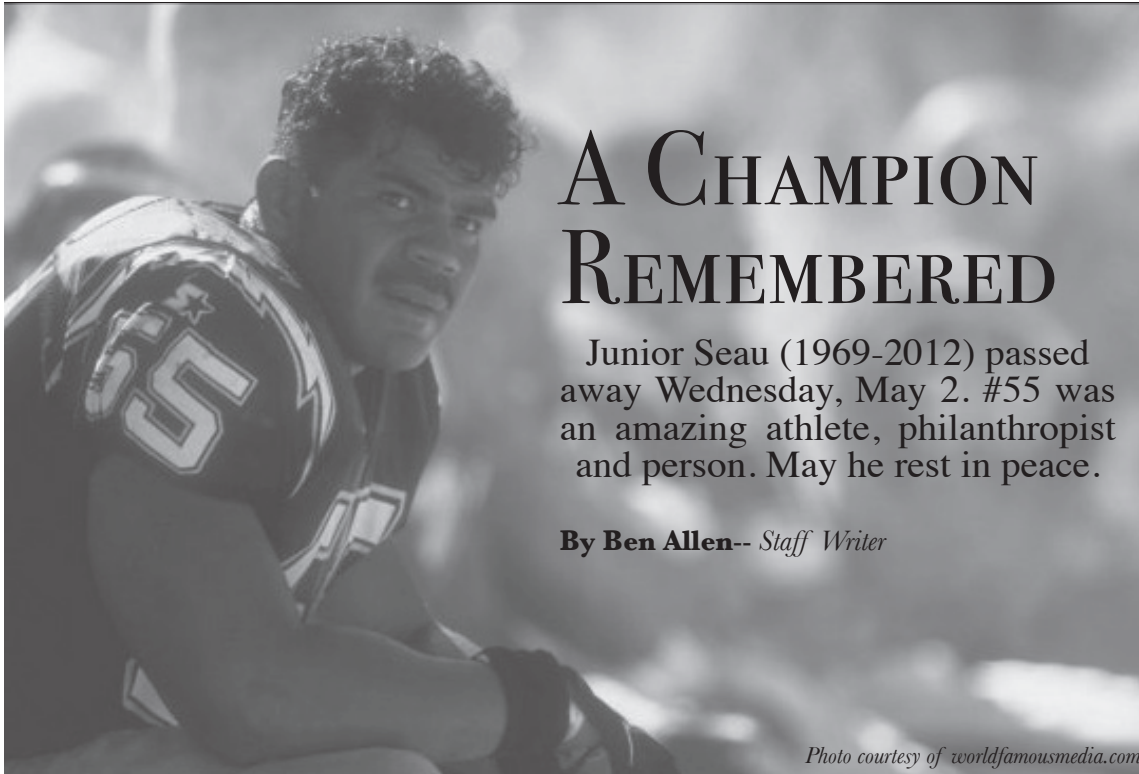


Photo courtesy of worldfamousmedia.com

A CHAMPION REMEMBERED

Junior Seau (1969-2012) passed away Wednesday, May 2. #55 was an amazing athlete, philanthropist and person. May he rest in peace.

By Ben Allen-- Staff Writer

May 2 marked a tragic day in San Diego sports history when the indomitable Tiaina Baul “Junior” Seau, Jr. was found dead in his home in Oceanside. Seau, who was known for his charismatic personality on and off the field, is presumed to have committed suicide Wednesday morning.

His girlfriend found him at 9:35 a.m. The cause of death was a gunshot wound to the chest. There was no suicide note. Seau’s death came as a surprise to his divorced wife, Gina, and his children. *The San Diego Union Tribune* reported that Seau sent texts to members of his family say-

ing, “I love you.” Outside of his house, Seau’s mother, Luisa Seau, watched medical examiners carry away her son’s body. “Why didn’t you tell me you were leaving?” Luisa cried.

It is unclear whether or not Seau’s suicide was related to an incident in 2010, where Seau reportedly fell asleep at the wheel and plunged off a 30-foot cliff. This happened soon after Seau was arrested on suspicion of domestic violence. After the 2010 incident, Seau stated he was not trying to kill himself.

Experts say that there may be a correlation with head trauma and suicidal thoughts in NFL players. However, these findings were reported in players with

three or more concussions. Throughout his entire career, Seau was never recorded to have suffered a concussion.

Seau played a record of 13 seasons with the Chargers. He went to the Pro Bowl for 12 of them. He played in two Super Bowls, one of which he won. Seau was inducted into the Charger’s Hall of Fame. When not playing, Seau ran the Seau Foundation, a charity that donated to child and teenager programs.

Outside of Seau’s house, an arrangement of stones was created stating “55 RIP.” Seau will be remembered as the incredible human being that he was.

Ambition in Boys’ Volleyball

By Sophia Sowers
Staff Writer

La Jolla High School’s varsity boys’ volleyball team has had a great season this year; it has only had one loss in league. Its record in league is 5-1 and in invitationals it is 7-2. The team has a good shot at being the CIF champion, which is remarkable because one of its star players and captains, Clay Jones, has been out for almost the entire season because of a dislocated ankle. The rival of the boys’ team is Cathedral Catholic High School. Cathedral is the only team they have lost to in league and it is likely that the two will play each other in the championship. All the players on the team are outstandingly talented even though many of them have only played for a few short years.

Junior David McColl, one of these standout players, started playing volleyball in seventh grade. His father had played volleyball his whole life and encouraged McColl to play. McColl has shown significant skill and is a friend to all on the team. He believes that La Jolla can win the championship if the team really puts its mind to it. The whole team agrees that beating its rival, Cathedral, in the championship will make

the victory even sweeter. Another notable player on the team is freshman Jack Chapman. Out of the seventeen players on the team, Chapman is one of two freshmen on the varsity team, the other is Joe Palatella. Chapman has only been playing volleyball competitively for one year, but he had the skill to make varsity as a freshmen. The Jones are family friends of the Chapmans and it was Jones who originally got Chapman interested in the sport. Being new to the team, Chapman was at first worried about how he would fit in but the whole team has been very receptive and friendly toward him and he feels very welcomed. Like the rest of the team, he is also optimistic about the chance to win it all.

La Jolla High’s varsity boys’ volleyball team has developed skilled players with tremendous determination. With the combination of this talent and character, there is a very high chance that La Jolla players will be CIF champs. If the team continues to play as well as it has all throughout league, we will have yet another banner to hang in our gym. Let us show some school spirit and support our boys as they strive to bring La Jolla High honor through their athletic ability.

MRSA Outbreak Are we prepared?

By Ben Allen
Staff Writer

Recently, La Jolla High’s longtime rival Cathedral Catholic High School was quarantined after it was discovered that students at the school had the skin disease MRSA (Methicillin-resistant Staphylococcus aureus). MRSA is a bacterial staph infection. Staph aureus, the bacteria responsible for staph infections, lives on the skin of 25% of people. Of those people, 2% of them are resistant to special antibiotics called beta-lactams that combat typical staph infections. These people have a strain of staph called MRSA. Infection of this special form of staph can come to people who spend a long time in the hospital, or to athletes who spend a lot of time in changing and locker rooms. Basically, spend a long time in rooms where bodily fluids are abundant, and there is an increased chance you will get it. Such is the case of a girl from Cathedral Catholic, who contracted it from her brother.

MRSA causes inflammation and swelling in the skin. It can also cause pimples and boils to form around the infected

site. The infection enters open wounds and spreads from there. Treatment for it includes draining the pus from infected sites, and a round of antibiotics. The Center for Disease Control discourages people from treating MRSA on their own.

Here at La Jolla High, the Physical Education staff said that as a result of budget cuts, the gym, field, and other sports equipment is not as clean as it could be. They also said that should there be an outbreak, the school would not be quarantined. Instead, the infected areas would be cleaned, and the student would need to get treatment. However MRSA is no stranger to LJHS, athletes have reported getting it from communal sports equipment. When questioned about it, one athlete simply said, “It hurt. It hurt a lot.”

Rest assured, MRSA is treatable with medication, and contrary to popular belief, it is not a viral infection (meaning it is not permanent). As for prevention, if one will be spending lots of time in places that could lead to a MRSA infection, it is important to cover up all open wounds.

The Stretch for New P.E. Curriculum

By Fabiola Zirino
Staff Writer

The calming benefits of yoga are priceless. The stressful environment at school can be relieved by a routine practice of yoga. As a matter of fact, “yoga” in Sanskrit means practice. Since calmness can be achieved by practice, a yoga unit in P.E. could be instrumental in promoting a calm school environment.

Meditation is an essential part of yoga and is where the true relaxation comes from. Yoga is not only great mental exercise but also great physical exercise. That is why a yoga unit in P.E. would be extremely beneficial for students.

At Muirlands Middle School, Coach Wright spent five minutes almost daily with his P.E. Class meditating. He would tell his students to close their eyes and imagine a black

screen of total nothingness. Then he told them to imagine a trashcan and when each thought arose, tainting the black screen, to throw it

away in the trashcan. The senior class, which took P.E. two years ago, got to have one day of yoga. The teachers setup the wrestling mats in the small gym along with a television where a yoga instructional

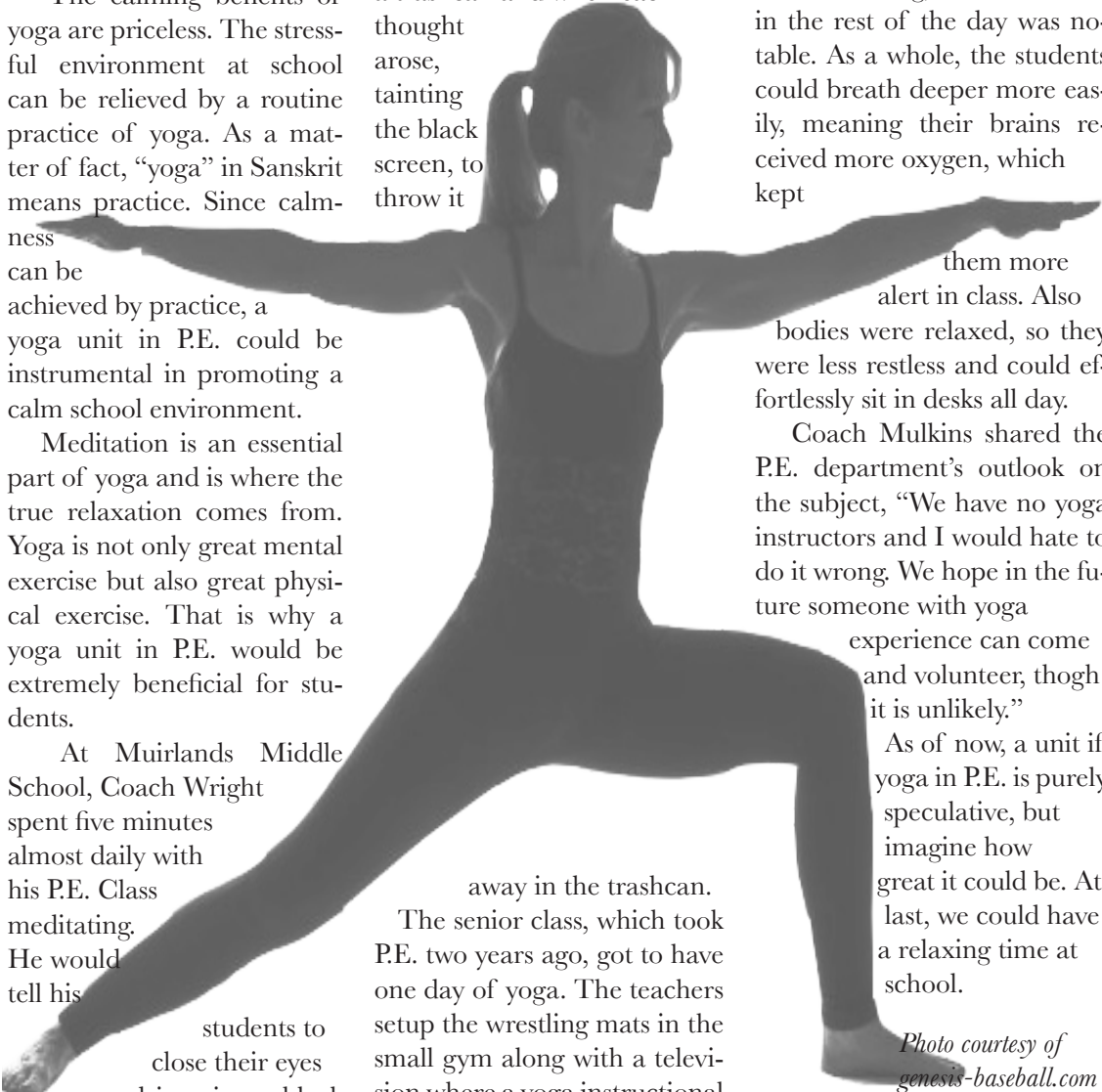
The benefits of practicing yoga in the typical high school atmosphere

video guided the students. After an hour of deep breathing and stretching, the difference in the rest of the day was notable. As a whole, the students could breath deeper more easily, meaning their brains received more oxygen, which kept

them more alert in class. Also bodies were relaxed, so they were less restless and could effortlessly sit in desks all day.

Coach Mulkins shared the P.E. department’s outlook on the subject, “We have no yoga instructors and I would hate to do it wrong. We hope in the future someone with yoga experience can come and volunteer, though it is unlikely.” As of now, a unit if yoga in P.E. is purely speculative, but imagine how great it could be. At last, we could have a relaxing time at school.

Photo courtesy of genesis-baseball.com



Lilly Grossman: Genome Mapping

By **Lindsay Crowe**
Staff Writer

Since birth, Lilly Grossman, a freshman at La Jolla High School, has had an undiagnosed condition that makes it difficult for her to fully control her skeletal muscles, and for years, doctors and scientists have been trying to figure out what exactly the condition is.

At first, they thought that it was Mitochondrial Disease, but every test that they have conducted on her came back normal.

Recently, Scripps Hospital began a study on her genome to obtain a closer look at her condition.

During this testing process, Lilly gets blood infusions once a month, where platelets and blood plasma are inserted into her body to help keep her energy level balanced.

While Lilly’s mind is as active as any other high schooler, her condition has a significant impact on her physical mobility.

The *Hi-Tide* interviewed Lilly and gained some insight into the revolutionary testing process she is going through:

HT: Why were you picked for this study?

LG: I was the only one who has had every single test out there at the moment and I still am undiagnosed.

HT: How does the gene mapping process work?

LG: We had to give [them our blood]. My parents and I gave four tubes each! After that, the people at Scripps “prep” the blood before it gets sent to San Francisco, where the blood gets put through a computer. Cells hold DNA and they



have the same DNA in each cell. The people at Scripps “prep” it by pulling out the DNA and then they take pictures of it.

We all have four letters that make up [our DNA]: A, T, C, and G. Each letter gets color-coded. After the sequencing is complete, they send my hard drive (along with both of my parents’ hard drives) back to Scripps so the scientists can begin analyzing and comparing my genome to my parents but also as a “reference genome.”

A “reference genome” is basically like Lewis and Clark’s map: very general and not very detailed.

They use a “reference genome” to see what most people have and if it’s different in mine, they’ll look closer at that one.

For example, in position 1 chromosome 3, most people

have C but I have A. So they note that difference and once they find every difference, they go back and study them more.

HT: What do you think the chances are that researchers will discover your disease and be able to cure whatever is wrong?

LG: Genome mapping is the best thing we have right now. The chances of them not finding anything, is 50/50 because if they find something, they may not be able to cure me because they might not have come up with the medication and that is why it is so great that Scripps is going to keep my record for 20 years.

HT: How many people are working on mapping your genes?

LG: About 12 people are on the team but there are 100 processor computers running 24/7.

A Farewell to Faculty

By **Paul Erne and Elisa Brooks**
Staff Writers

Two beloved teachers of La Jolla High School are retiring after many years of service to the school.

Ms. Mulkins has worked as a Physical Education teacher for 38 years and is an icon on the playing fields. She plans to travel after retiring, starting with a trip around the United States and then to Germany for a family reunion. When

asked how she felt about her well-deserved retirement, Ms. Mulkins simply stated, “I’m finally graduating.” We will miss her dearly and wish her happiness and luck with her travels.

Ms. Adamson has been a Special Education teacher at La Jolla for 11 years. She has tirelessly worked with students with special needs. Her family bought a motor home and plans to drive all over the U.S. “I thought it was going to be hard to retire, but I’m actually really excited,” Adamson said.

Continued from pg. 1

feels out of place.

Generally, the classes that students are required to take have more Hispanics in the lower level classes than the AP classes.

La Jolla High’s principal, Dana Shelburne, thinks that the discrepancy is in part due to two major factors: money and preparation. “It starts all the way back in elementary school...so if I’m [hypothetically] not reading at grade level or I’m having trouble reading...it would be foolhardy of me to put that student into a course where reading is the gatekeeper, and reading is the gatekeeper for almost every course outside of math. I think something very similar if you take a look at the algebra and geometry courses.”

Mr. Shelburne explains that in elementary schools, students can fall behind, and still get passed on to the next grade. Having the kids move on is a serious detriment to them because they will, from that point on, be behind all the time.

Another factor, money, plays a huge role. When students come to La Jolla High and they are so far behind, it is hard to

catch them up. “We only have a four-year window to get a ninth grader to graduate...We tried a variety of reading programs...for those students who come to us reading at the sixth grade level or even worse... If we had the money to do it the right way, I would insist that those students be put into a reading class that is a small, intensive reading class,” said Shelburne.

Unfortunately, with all the budget cuts, we do not have the funds anymore. Mr. Shelburne also explains how we used to have a “safety net,” back when class sizes were smaller and there were more teachers. A safety net allows students into a higher level class, and if they decide that it is too rigorous, they can fall back into the lower level class.

There is no one explanation as to why the ethnic differences between regular and AP classes are so extensive. Whether from intimidation from other students, not wanting to branch out from social groups, or lack of preparation from a young age, it is obvious that La Jolla High School’s AP classes are not as integrated as they should be.

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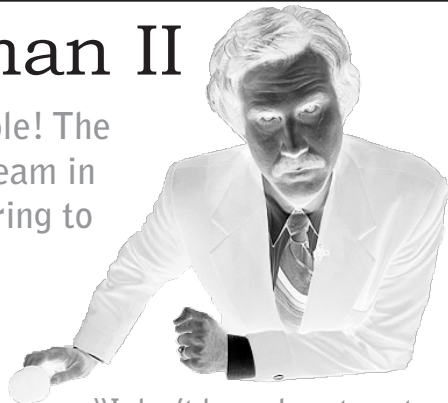
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Anchorman II

News team, assemble! The number one news team in San Diego is preparing to make a sequel.

By Edward Gonzalez
Staff Writer



"I don't know how to put this, but I'm kind of a big deal."

-Ron Burgundy

On the March 28 episode of *Conan*, Will Ferrell, in character as Ron Burgundy, announced that there will be a sequel to the 2004 hit *Anchorman*.

Filming for *Anchorman II* is set to begin in February 2013. Admirers of the original film have waited for eight long years for the return of their favorite news team.

Plot details have not yet been released, but director and co-writer Adam McKay has dropped some hints as to what the sequel might consist of. "The Action News Team comedy will involve a custody battle, I'll give you that. I'll give you one other one: bowling for dollars." Whatever McKay has in store for the sequel, one thing is for certain: fans will not be disappointed.

Although Hollywood has

a reputation for making distasteful sequels to blockbuster films and ruining the franchise's artistic merit, one wonders how such a thing is possible with the talented group of actors that will star in *Anchorman II*.

Since the release of *Anchorman*, much of the main cast has become a center for comedy gold. Steve Carell, who plays Brick Tamland, starred in the television series *The Office* for seven seasons and has acted in some of the most successful comedic films of the past decade. Paul Rudd (Brian Fantana) has had similar successes in the industry, with hits like *Role Models* and *I Love You, Man*.

New Romantic Comedy Defies Old Formula

By Ashley Westhem
Senior Contributor

"Love is possible no matter what you've been through or are going through," is the message that actress Taylor Schilling believes Nicholas Sparks's newest film *The Lucky One* conveys.

U.S. Marine Sergeant Logan Thibault (Zac Efron) returns from his third tour of duty in Iraq still alive thanks to the photograph of a girl he has never met. He travels to Louisiana to find the mystery woman, and a complicated romance between the two slowly develops.

After only two weeks in the box office, *The Lucky One* has grossed over \$22 million. Efron and Schilling, the lead actors, have apparent chemistry during interviews, and Schilling explains that "they feel safe enough to be vulnerable around each other."

Although the script plays off of typical Nicholas Sparks romantic clichés (slow dancing to no music and a spontaneous make-out session under the outside showerhead), there is a splash of unexpected drama at the end of the movie that keeps the story line fresh.

Sophomore Sydney Moses remarks that she "thought the movie would be very predictable but it was

impossible to [foretell] the unexpected twist at the end."

The intensity of the plot toward the end, coupled with the brilliant performance of Blythe Danner as the concerned, grandmotherly Ellie, were the saving graces that helped steer the movie away from being just-another-heart-throb-damsel-in-distress-romantic-mushy-chick-flick.

Danner comments that "[Ellie] is witty and wise, and only speaks up really when it's important."

Ellie's smart comments come in at just the right moments when a scene drags on or appears to have no meaning.

Nicholas Sparks claimed that for the part of Logan he "needed some one who's been performing for a long time because it's not easy to drag along all of these emotions and make them come alive. So Zac was perfect." He also praised Schilling for her "talent and emotional depth."

Overall, *The Lucky One* is the perfect weekend movie for either a girl to watch with her friends or a romantically-inclined boy looking to impress a date. However, do not expect a whole lot more than swooning over Zac Efron shirtless, a laugh from Ellie's jokes, and a teaser of drama sprinkled in for good measure: the ultimate Nicholas Sparks formula recreated.

Arrested Development: Defying Cancellation

The legendary sitcom is expected to get a second chance to captivate audiences in 2013.

By Alex McMahon
Staff Writer

Arrested Development, created by Mitch Hurwitz, is possibly the greatest and most under appreciated television show, listed among *TIME*'s 100 All-TIME TV Shows. Debuted in 2003, the show had its third season cut short and aired its last episode in 2006.

"Now the story of a wealthy family who lost everything, and the one son who had no choice but to keep them all together. It's *Arrested Development*," the producer and uncredited narrator Ron Howard opens each episode with. The series follows the Bluth family as they attempt to recover from the arrest and allegations of the scandal of the father, George Oscar Bluth (Jeffrey Tambor).

The Bluths are the epitome of a dysfunctional American family without reverting to simple stereotypes, instead creating extreme archetypes played by what can be called no less than an all-star cast. The ceaseless efforts of Michael Bluth (Jason Bateman), "the

son" and one of George Bluth's four children, to hold together the family and its construction company are ceaselessly thwarted by the others. He persists nonetheless, committed to being "a good guy."

George Oscar Bluth II, or Gob (pronounced like Job), is his older brother and played by Will Arnett. Gob can doubtlessly be described as a failure, especially in his attempts as a magician and his self-interested overcompensation that interferes with Michael.

Michael's sister and her family decided to move to the Bluth home in Newport Beach, California, and add an extra level of domestic trouble. Lindsey (Portia de Rossi) finds her narcissism unsatisfied by her clueless, eccentric, and impotent husband Tobias Fünke (David Cross), who also happens to be a "never-nude."

Never-nudes are incapable of being fully exposed. Although the first person to earn degrees as both an analyst and therapist (an "analrapist"), Tobias is intimidated by Lindsey's sexual charisma, hiding his shame behind a pair of denim cutoffs that he wears constantly under his clothes and in the shower.

Tobias and Lindsey neglect their delinquent child Mae "Maeby" (Alia Shawkat), who has her mother's charisma and her father's cluelessness. In defiance, she kisses her cousin, Michael's son, George Michael Bluth (Michael Cera). George Michael fights his incestuous desires throughout the series. This chubby, younger Michael Cera developed his awkward, geeky typecast on the show.

No character can match the awkwardness and Oedipal undertones of George Bluth's youngest son Byron "Buster" (Tony Hale), the ultimate middle-aged mother's boy that suffers from massive panic attacks. Although she pretends to be annoyed, Lucille Bluth, the alcoholic, overbearing mother played by Jessica Walter, continues to foster Buster's dependence.

The Bluths refuse to keep peace at home or let Michael alone at work, unaided by their always deceitful father. Raw and documentary-style camera work with Ron Howard's narration culminate in the quirkiness that is *Arrested Development*.

Despite winning five Emmys for the first season, the show lasted for only two more. Much blame over the years has been directed at the Fox Broadcasting Network. Although Fox supported the show and was somewhat generous in giving it more than one season, the network could not ignore the low number of viewers. Fans say better advertisement, especially more commercials for the show, would have saved it.

Fox aired the last four episodes of *Arrested Development*'s shortened final season in a two-hour finale at the same time as the 2006 Winter Olympics.

Still, *Arrested Development* was ahead of its time for a sitcom. Producers rejected typical techniques of the time, such as a laugh track, and the usual publicity stunts, such as sexually appealing guest stars. The show's humor predates *The Office*, yet remains at a more elevated level of comedy because of its greater subtlety.

In an article headlined "Arrested Development creator Mitch Hurwitz's guide to getting a sitcom cancelled" on *The Guardian*'s website, Hurwitz concludes, "Make a show for British sensibilities . . . and then show it in America."

Arrested Development is scheduled to release a ten episode catch-up season on Netflix in 2013 in preparation for a long-anticipated movie.



Photo courtesy of www.budbuds.com



Photo courtesy of www.collider.com

Top: Tobias Fünke, a "never-nude," refuses to disrobe for a doctor's appointment.
Middle: The entire *Arrested Development* cast.
Bottom: A young Michael Cera.

The Art of Ceramics

How one of the most popular electives at La Jolla High School became a creative outlet for a few talented students.

By Ben Allen
Staff Writer

When students consider the art classes offered at La Jolla High School, the ones that immediately come to mind are drama, photography, and the art class itself. Often overlooked is that powerhouse of productivity: ceramics class.

Hidden behind the auto shop room and the teachers' parking lot is an entire ceramics studio, where students can mold and shape anything their imaginations can conjure up. While some students stick to making bowls and pots, others let their creativity fly by designing teapots, vases, Pepsi cans, airplanes, and Mr. Potato Heads.

"You can make anything," said senior Robert Abbot, while looking over his recently created pineapple.

There is nothing but love for the class from the students who attend.

"It's a bunch of fun," junior Chris Pomerence said, "every high schooler should take it."

With clay all over his hands and jeans, junior David Colgate looked up from the pot he was shaping to say "it's a really relaxed environment."

Next to him, Abbot glanced up from where he was working on the pottery wheel and said, "just do your work."

If acting or painting are not your forte, there is a more hands on approach to getting that fine art credit. When asked for a final statement, both Colgate and Abbot stated that everyone should take ceramics.



Photos courtesy of PearlPreis.com and Hi Tide staff.

Clockwise from top left: Pots for sale at the Celebration of the Arts Festival / Junior Edgar Mozo and his ceramic piece / A pottery raffle at the Festival / Ceramics teacher Mr. Marcus poses with his students' creations / A young girl learning to spin at the Festival.



Robert Abbott

Talented senior Robert Abbott spends hours most weekdays in the ceramics studio. He stated that his skill comes, in part, from having watched his brother make pottery for four-odd years.

Clockwise from top left: Abbott spinning a pottery wheel at the Celebration of the Arts Festival / A small pot that sits atop Abbott's desk / Two more intricately-designed pieces / Abbott posing with one of his creations in front of a shelf that contains many more / A plethora of pottery.



Photos courtesy of Jane Wheeler and Hi Tide staff.