Volume LXXVVV

LJHS Alumni at City Ballet of San Diego

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New Graduation Requirements

By Rachel Carroll

After a wonderful summer, students at La Jolla High have started a new school year. However, not every student has the same graduation requirements. Students who graduate in 2016 will have new guidelines, but these do not affect current seniors, juniors, or

ors.net and www.theexaminer.com What to Expect When You're Electing

By Ben Allen and **Emma Scott** Staff Writers

The first step for a new voter is registration. According to California state voting law, all citizens planning to vote must register at least fifteen days before Election Day, which falls on Tuesday, November 6th of this year. Last month, California unveiled its new online voter registration system in an effort to register the 6.5 million eligible, but unregistered, Californian voters. There are also several alternatives listed on the back of the registration form which can be found in the front office, as well as in Mr. Essex's room (501).

After registration, the new voter should receive a sample ballot booklet in the mail. On the back will be their designated polling place. The voter will also find all of the issues to be

voted on listed in the booklet, so he will be well prepared before Election Day.

On Election Day, the voter will be asked to check in; a photo ID of some sort and a proof of residence (usually a utility bill or paycheck) is required to check in. These materials are could be because the younger generation does not think their vote can make a difference. In this election, it is important for LJHS students to vote because of the many issues that affect them directly.

For example, with incoming college students, debt is rising

According to the Census Bureau, less than half of people aged 18-29 went to the polls compared to the more than two-thirds of people aged 65 or older. \rightarrow

needed to address the small, but important, problem of voter fraud in the nation. According to the Census Bureau, less than half of people aged 18 to 29 vote, compared with the more than two-thirds of people aged 65 or older. This and the graduating college class individually has \$22,900 in loans per capita. This alone can take years to pay off.

This is only the brink of post-college financial problems. According to a Gallup survey, 44% of 18 to 29 year

olds in the labor force are either unemployed or underemployed, and only 40% of the age group is registered to vote. The consequences of these unemployment rates mean that homeowners under the age of 25 lost more ground than any other group in the last four years, along with their median income dropping 13%.

LJHS students have other areas of concern related to the race; the men and women voted to the supreme court this year will decide how to pay off student loans and what jobs are available. This is a great chance for LJHS students to have a say on issues that affect their daily lives.

So make the right decision, and take advantage of the rights your country has given Staff Writer you. Go forth and cast a vote in the name of America and in the name of what you believe to be right.

ASB UPDATE

Fellow Vikings,

I hope you all have had a great start to the school year and are excited for what is in store. Our school will be participating in a Nation Wide "Mock Election" on October 30th (one week prior to the General Election) at school. Every student who wishes to participate may vote for the candidate of their choice, and we will get to see democracy in action. October is Breast Cancer Awareness Month, and LJHS has elected to dedicate the entire week of October 15th-19th to this cause. Pink Breast Cancer shirts and other apparel will be sold during school. and all of the profits will be donated to Breast Cancer Research. Homecoming is also just around the corner! We will be kicking off with Spirit Week on the week of October 29th. The Spirit Days will be as follows: Monday (10/29) Western Day Tuesday (10/30) USA Day (Mock Election) Wednesday (10/31) Halloween (Costume Day) Thursday (11/1) 80's Jogger Day Friday (11/2) Class Spirit/ Colors Day (Pep Rally during school & Football Game at 6:30pm

William Calabrese 1991-2012 **By Tim Rayner**

Editor-in-Chief

It is not often that somebody like William Calabrese (or "Willy" as he was known) comes along in this world. It is with great sadness that we mourn his untimely death at age 20. Willy was a member of the LJHS Class of 2010 who was working at Fireworks America while studying at UC Santa Barbara. On August 31, while helping set up a fireworks show for the San Diego Padres' Minor-league baseball team in Lake Elsinore, a spontaneous explosion left him and two others burned. While the others only suffered minor injuries, Willy acquired burns on over 90% of his body. He was rushed to the nearby burn unit where he was put on life support long enough for his family, including his brother Ronnie (Class of 2011), who flew in from Indiana, to say their goodbyes. Willy passed away the morning of Sunday, September 2, 2012.



Those of us who knew Willy knew just how extraordinary of a person he was. He was selfless in nature, with a childlike curiosity and passion for tinkering with devices and creating masterful works of art. Throughout his life, he exemplified stewardship of these gifts through amazing acts of love and kindness: constructing a prayer garden for his church, shaving his head in support of Mr. Atwell's wife during her battle with breast cancer, among others.

It is for his overflowing love and bright, sharp personality that he will be missed greatly.

Warmest Regards, Daniel Stephen Hamilton ASB President sophomores.

Based on information listed on the District website, all students still need a minimum of 44 high school credits to graduate. All students still are required to take three years of history/ social science, four years of English, two years of science (three recommended), and two years of physical education.

While all students will still need to take three years of mathematics, the class of 2016 is now required to take algebra, geometry, and intermediate algebra. continued on page 10...

HI-TIDE

The La Jolla High School HI- TIDE

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OPINIONS October 12, 2012 Restrictions on senior schedules Taking four classes is not guaranteed

By Lilly Glenister Staff Writer

 \mathbf{F}^{or} many students at any high school, senior year is one of the most anticipated years. One of the main reasons students look forward to their senior year is that they have the chance to minimize their schedule to four classes, leading to an earlier school end time. With more free time, can finish homework earlier and even take on parttime jobs.

However, at the beginning of this school year, it was rumored that most students would not have the chance to take only four classes. With this possible change, some students reflected on how their lives would be impacted if they were not able to take the minimum of four classes.

Senior Tori Kampmann, who is currently enrolled in four classes, said that "not being able to take four classes as a senior would be a waste of time for some." She continued by stating that "a lot of students already have enough credits to graduate, and if I were to have to take an extra class or two, I would not have time for my part-time job."

For many other students in the same predicament as Tori, not being able to take four classes would not allow them to have a part-time job, and acquire money for future college expenses. If not given the choice to take four classes, some students' future plans could potentially be ruined.

Along with some great advantages to taking four classes as a senior, there are also possible negative aspects.

"Taking four classes wouldn't be ideal for some students because it could potentially lower their GPA if they were to fail a class, which could then lead to them not getting into a good college," said Kampmann.

Ms. Behnke confirmed that the majority of seniors will no longer be able to take only four classes due to "a new district mandate requiring that all seniors take a minimum of five classes."

The new rule is in effect starting this school year and is affecting both this year's seniors and future seniors in schools throughout the San Diego Unified School District. However, Behnke stated that "Principal Shelburne will be making some exceptions to the rule" for students with special circumstances. For students who have a part-time job, there is still a chance to take a minimum of four classes, but it is not guaranteed.

With the previous choice of whether or not to take four classes, a senior had the decision to manage his or her time accordingly.

However, without the choice of only taking four classes, future plans could be destroyed for some students and extremely upsetting to much of the student body.

Pumping Up the School Spirit It's time to get more actively involved

By Erin Riley

Staff Writer

Vikings! Keep it up! Come on! Keep that Viking spirit up! La Jolla High School has lacked school spirit in recent years due to an array of subjective mindsets. Students need to share the same goal of wanting to pump up school spirit in order for it to increase.

To increase school spirit at La Jolla High School, students should show a positive and un-sarcastic view of school activities. For instance, students should not express pep rallies as "Great, just what I've been wanting to do all day long, glorify sports I do not play and listen to the primal calls of the

Photos Courtesy of Erin Riley

rival is mentioned." Students should look forward to activities such as pep rallies to show pride in their peers for representing our school.

football players whenever our

La Jolla High School needs to boost up its school spirit by unifying and involving every student in all aspects of our school. Students should want to show school spirit because of a strong sense of identity and pride as a black-and-red wearing Viking.

The Hi-Tide asked some students a couple of questions: How do you think LIHS should increase school spirit? And on a scale from one to ten, what would you rate our school spirit?



Poll on ways to increase school spirit taken by fifty students at La Jolla High School



Sarah Schug Janet Shackleton

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"I think we should have more school rallies to get us pumped for football games. I would rate La Jolla High School's school spirit a 6.5 out of 10 because no one wears red and black on Fridays ... and we don't have that many supporters at our sports games."

- senior Amanda Maywood

"I would like to see La Jolla High School's school spirit increase by seeing more school

colors worn and more advertising for school activities and I would rate our school spirit a 7 out of 10]."

- freshman Benjamin Mirsky

"Increase through bigger participation at school events and more diverse participation. A 6 or 7 because the majority of our school does not participate in school dances or football games and other sports but the people who do are pretty spirited about it."

- junior Allison Dowd

"That more people go to the football games and other sports. I would rate our school spirit a 5 out of 10 because] no one really has school spirit and the only school spirit I ever see is at Blast Off."

- senior Christian Knight

October 12, 2012

A College America Does Not Need

By Sarah Devermann Editor-In-Chief

The United States prides itself in giving every citizen the right to vote. This right has been in our Constitution since 1776, although at the time the Founding Fathers only gave the right to a very specific group of white men.

Over the years, the right to vote has been greatly expanded. With the 19th Amendment, women can now vote

College system because they were afraid that the leader of the country would be chosen by uneducated masses. However, in modern times, there is no need for this outdated system. With the Internet, cable television, and major campaigning, the voting population is highly aware of all candidate's platforms and the popular vote is a much more accurate system than the Electoral College.

For instance, in the 2000 election, George W. Bush re-

OPINIONS HI-TIDE 3 What Ever Happened to 3 Class?



By Emma Scott Staff Writer

There is no need for this outdated system.

and the Voting Rights Act of 1964 abolished other measures tain groups from voting.

Although more than 131 million people voted in the 2008 Presidential election, only the 538 members of the Electoral College directly chose the President. Over 200 years ago when the Constitution was written, our Founding Fathers implemented the Electoral

ceived 47.87% of the popular vote whereas Al Gore rethat previously prevented cer- ceived 48.38%. Gore received over 500,000 votes more than Bush vet because of the way the Electoral College operates Bush won the election because he received five more electoral votes than Gore did.

While this process was beneficial in the past, it is now corrupting our election system and needs to be amended.

the new trend that has been brainwashing the ladies of our school - it has suddenly become un-fashionable for girls to respect themselves. Why is it that girls at La Jolla High School today feel compelled to prove themselves as females? We are all quite aware that they possess the anatomical pieces that constitute their gender; they really do not need to display their lacy undergarments to ensure us that they have a rack. Nor do they have to wear pants tighter than plastic wrap to

In case you somehow missed

assert that they do indeed have the rest of the required parts.

Girls at La Jolla High School have been dressing with so little fabric on their bodies that they are implying "Don't think I'm a common whore or something because of the way I dress; I just don't put any stock in the idea of public decency, and I'm just giving you the option of seeing my finer parts because that's all I really think I'm worth."

What has happened to society that makes a girl think: "Oh, it's okay if half of the high school sees up my skirt, so long as my underwear match"? What has made these girls so insecure about the intelligence they have to offer, that they turn to objectifying themselves in order to catch a boy's eye? Has the essence of self-respect been discarded with the oh-solast-decade sweater her grandma knitted?

No, it has not. Being a proper young woman will never be out of style. The finest women leaders of this country have always dressed with the etiquette and grace that reflected their core values. Therefore, I beg of you - young apprentices of the streetwalker - choose an image of classiness. Because it is not acceptable these days to have manners and elegance to be a lady; you have to dress yourself like one too.

Respect over "Rank"

By Jordan Linsky Staff Writer

Anyone who considers high school as 'the time of their life' needs to take some time to give themselves a self-evaluation and realize that there is more beyond the stucco walls of La Jolla High School. However, high school should not be a place where students dread showing up. Although it is obvious that the halls of La Jolla are not an episode of 7th Heaven, it does not mean certain self-entitled individuals have to go out of their way to make others feel miserable and unappreciated. In an area as affluent as La Jolla, it is no surprise that there are more than a handful of spoiled children in every class. Rather than treating others with respect and treating life as a gift, certain students appear to believe that they are above others and show it through belittling and emotionally abusing their peers, proving the saying "money can't buy you class" to be very true. Since when has putting down classmates in front of a group and tearing apart teenagers' egos become a game for students at La Jolla High? Respect is something everyone should receive without having

to demand it. No one is more entitled than any other student here, no matter how "special" some people have been told they are by mommy and daddy.

Everyone knows that high school is a cut throat place and a little backbone is needed to survive all four years. However, when peers start to pick on each others' weaknesses and thrive off of the pain they inflict on those they view as "below them," a line has been crossed. Empathy is a term that is unknown to many bullies within this school's walls. Publicly calling an individual out just for the sake of embarrassing them is not clever or hilarious. It is disrespectful and immature. This is not elementary school anymore. Cruelty is not a major offered in college, so the tormentors at La Jolla better find a new interest very soon.



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Although the four years of high school are a very short period of life, it should be equally enjoyable for everyone. Students at La Jolla High School who find pleasure in emotionally harassing their peers need to grow up and realize that once they leave this high school, they will no longer have the comforts of home to support their immature and abusive habits.

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FEATURES

GENOME STUDY UPDATE

By Lilly Grossman Staff Writer

In the May 2012 issue of the Hi-Tide, then-freshman-nowsophomore staff writer Lindsay Crowe interviewed me. During the interview, I explained how I was in the process of getting my entire genome mapped (to find out more about the genome mapping process, read the article from May 2012).

Since then, my family has received those results. We were given the results on August 3, 2012 and they showed that two abnormal genes were found.

The first abnormal gene is responsible for my tremors (shaking). It affects how messages travel through the body. There has been one other family studied that also exhibits shaking symptoms. They were given two drugs to try and treat them.

The first drug helped some family members, the second drug helped others. Unfortunately, however, some family members were not helped by either drug. My tremors were like seizures, but during them I would be completely aware. They could last from thirty seconds to five minutes, sometimes as often as every ten minutes. The tremors would usually happen at night. I had shaken every night for twelve years!

But on August 21, 2012, I started taking one of the new drugs. And it actually worked! The doctors wanted to back me off the old seizure medications slowly so I would not have a reaction. It took about a



One of the super computers used to sequence Lilly's genes.

month and I am still on some of the old medications. I am also currently using some of the old medications because when they started decreasing my dose, I was having horrible tremors, so they just let me try

the new one.

Now, the second abnormal gene is affected in two places. My mom has one of those affected places as well. The second gene is responsible for balance and muscle weakness. I am also the first human to have their genome sequenced with this specific gene affected and symptoms like this. There is a lab studying this gene in mice. There is no known treatment for this gene, yet.

Fortunately though, a lot of money is being put towards research for a treatment because of Parkinson's disease. Luckily, my doctor talked to the scientist who is running the lab with the mice.

They are going to send him some slides from a nerve biopsy I had done in sixth grade. But we have to wait until November to send them because the scientist is in China until then. I am very anxious to see what my slides will provide. I cannot wait to see what new genomic breakthroughs will happen!



By Lauren Robbins and Lauren Robertson *Staff Writers*

The homecoming dance is a school activity that everyone looks forward to! It symbolizes the start of a new school year and a time to party. This year La Jolla High School journalism got the inside scoop from ASB member Rose Chute. "This year our homecoming theme is going to be very different from previous years," said Senior Chute. "We chose a road trip across the US theme." ASB members plan on decorating the gym with steamers and different objects that symbolize the 50 states. This year's homecoming is looking exciting for students in all grades. The main consensus in society is that it is preferred to go with a date. However, most girls that were interviewed would rather go with a bunch of friends because, "You could go do basically whatever you want and you don't have to feel restricted," sophomore Ana Corona said. Of the boys interviewed, all of them would love to go with a date and were contemplating not going if they did not have one.

When asked why they wanted a date, sophomore Allan Ross said, "so you're not standing there awkwardly." Senior Theodore Rosenthal responded with, "you don't want to go alone."

Of those who are not going this year, the main reason that they do not want to go is they believe that homecoming would not be worthwhile without a date.

When students were asked what they would change about last year's homecoming, junior Leilani Middaugh stated, "the DJ, because he did not really play updated music." When asked about DJing this year's homecoming, sophomore David "Swaag" Shultz responded with "Yes, I would play music that is popular with kids who go to this school. I would play a little bit of dance house music and top 40, stuff like that." The homecoming football game is a time for students to get together. Last year's game had a decent turnout even though it was pouring rain through most it. The mighty Vikings ended with a victory that was the perfect way to start off the homecoming weekend. Let's do it again this year! Go Vikes!

HALLOWEEN TRICKS AND TREATS

By Lauren Robertson and Haley Richards *Staff Writer*

As we all know, Halloween is right around the corner! Students are beginning to talk about costumes, as well as where to hangout Halloween night. This means that it is time to bust out your creepiest decorations and do not forget a unique costume! Here are a few Halloween recipe ideas that will make your October 31th fun and spooky!

Bat Cupcakes

Ingredients:

1 (18.25 ounce) package chocolate cake mix

1 (16 ounce) container prepared chocolate frosting the cupcakes with chocolate frosting.

2. Break the cookies in half, and press two halves into the top of each cupcake for wings, stripes facing the frosting. Place a chocolate kiss in front of the cookies with the point facing forward for the body. Make two beady little eyes with the red gel icing towards the point of the kiss.





Besides just enjoying halloween for the candy and costumes, some people enjoy carving pumpkins.

From house to house in late October, pumpkins are visible on people's porches and out of their windows.

The name "Jack-o'-Lanterns" comes from an Irish folktale about a man named Stingy Jack. Irish immigrants brought this holiday and the tradition of jack-o'-lanterns to

1 (11.5 ounce) package fudge stripe cookies

(6 ounce) bag milk chocolate
candy kisses, unwrapped
tablespoon red gel icing

Directions:

1.Prepare the cake mix according to package directions for cupcakes. Bake for allotted time. Cool. Frost



Caramel Apples

Ingredients:

6 apples

1 (14 ounce) package individually wrapped caramels, unwrapped

2 tablespoons milk

Directions:

1. Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.

 Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow cooling briefly.
Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set. Enjoy! America.

Today, pumpkins are carved with all different kinds of designs such as the ones above and below. Some very creative people like to carve detailed art as well as spooky faces. Halloween is a holiday like no other. So remember, have fun and be safe.



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By Zoe Hildebrand Staff Writer

President Obama's story is truly inspirational beacause of his hard work, determination, and success. Obama grew up in Hawaii as the son of a single mother, and one of only three African American students in high school. Obama worked hard in school and was a community organizer for low-income families in Chicago's South Side, an area notorious for poverty. He got his law degree at Harvard, where he also met his wife and our First Lady, Michelle Obama. He became the first African American editor of the Harvard Law Review and graduated in 1991. He won a spot in the Illinois State Senate in 1996, where he expanded health care services and early childhood education systems for the poor, made it a requirement that all Death Row cases and interrogations be captured on videotape to ensure no innocent people were executed on the hands of the law. He won the Illinois seat in the U.S senate in 2004, beating his opponent by receiving 74% of the votes, making it the largest electoral victory in Illinois history and him the 3rd African American elected to the U.S Senate. He narrowly beat Hillary Clinton for the Democratic presidential nomination in 2008. Despite inheriting global economic recession, two foreign wars, and a largely unhappy American public, Obama managed to gracefully overcome these hardships and stick to the principals that got him into the Oval Office in the first place. Obama's main policies and beliefs include:



By Giovanni Moujaes Staff Writer

With the elections a better president. If dent. you are a Republican, you probably are sup- ther against a political to vote for your party. to be banned. If you pendent-or nonparti- title. are a Democrat, you san-comes from. This of the Affordable Care versa. Act. But what if you

LEFT, RIGHT, OR INDIE?

less than a month care is a terrible idea the strongest part of away, many are still and support Romney the two-party sys- plan of any politician politicians are unwill-

An Independent is nei- a sense of entitlement the opposing side.

of Obama and probably cially liberal, yet fiscally advantages. One can ing "independent" is. support the passing conservative and vice think independently.

In many ways, the independently. Most of current polarizing polit- interests and get the that universal health publican is probably sible to agree with a of what happens when has to offer.

wondering whether all at the same time? tem; however, that is in its entirety, but one ing to cross party ties Mitt Romney or Barack Then, you may consid- where it stops. As a should account for its or platforms. Seniors Obama would make er yourself an indepen- registered Republican strengths and be open turning 18, consider or Democrat, there is minded to views from registering nonpartisan. While you may not Many say that being be able to get all of the porting Romney for party nor for one. That This creates unneces- an independent makes benefits of the primathe White House and is essentially where the sary bias and could lead no sense when it is not ries, you will feel more believe abortion ought categorization Inde- to a vote just based on even a political force or at ease and more indeparty-dare I say-to pendent-minded when This is where being contend with Ironically, the general elections most likely are in favor leaves room to be so- an independent has its that is exactly what be- come around. Instead of looking out for a party, We cannot afford to I encourage you to look One can make decisions continue nursing the out for America and its believe that abortion is simplicity of either vot- all, one can vote inde- ical system. Congress most out of the great a woman's right, think ing Democrat or Re- pendently. It is impos- is a perfect example democracy our nation

Misha Kabbage and **Brock Macelli** Staff Writers

school and asked students from various grades who they would vote for in the 2012 Presidential Election if they had the right. Throughout the student body, we hear many very different responses, and very different opinions.

Overall, there is obviously much controversy floating around campus. Students have a great amount to say about politics, so keep listening around and surely you'll hear some strongly opinionated discussions over this year's presidential debates!

Who is Mitt Romney? Around La Jolla High, he is known as the rich Republican who owns a house here and has movie star looks. However, there is much more to him than money and a pretty face. He is a family man that married his high school sweetheart, Ann Davies. They have five sons together and are members of the Church of Jesus Christ of Latter Day Saints. He founded Bain Capital, an investment firm that has helped businesses such as Staples and Dunkin' Donuts blossom. In 2002, he successfully rescued the Salt Lake City Winter Olympics from financial and ethical problems. Beginning in 2003, he served as the governor of Massachusetts for one term. He ran for the Republican nomination for president in 2008, but lost to John McCain. In 2011, he announced his campaign for the 2012 presidential election and won the Republican nomination handily. He has a simple five-point plan to get America back on its feet. His plan includes energy independence, giving Americans the skills they need to succeed, a fair and successful trade market, lowering the deficit, and promoting small businesses. He wants to grow the economy, lower unemployment, safeguard American interests, and shrink the size of the federal government. Here are some of his main points:



We went around



JACOB TEAR "Obama has an actual, real plan for us", said the country immensely since the beginning of his presidency."





CORAL NAVA has a better health gued, "he will find new beleive that Americans over Barack Obama," plan, and has improved ways to help us in our should all be equal," se- said junior Becker. times of need and nior Walker said. knows how to combine his ideas and some of Obama's to make our country succeed."





NICHOLE WALKER



DUKE BECKER "Romney truly cares "I would vote for "I would vote for Mitt about our nation," Obama because I was Romney because he freshman Tear, "He sophomore Nava ar- raised Democratic and I destroyed the debate





Staff Writer

8 HI-TIDE SPORTS October 12, 2012 S.F. TO L.A. ON TWO WICCIS

By Stephanie Buchbinder Staff Writer

If there is one word to describe Max Haggard's journey from San Francisco to Los Angeles this past summer, it is "unforgettable."

The bike ride, which took five days and covered around 350 miles, was tough but he made it.

Though Haggard has known how to ride a bike since he was a little kid, he only started serious road biking when he was twelve years old.

"My dad would always joke about wanting to go out for a ride and I'd blow him off, but one day I finally agreed," Haggard said. This is when he became hooked on riding.

His dad has been his support from the beginning; he taught



Max Haggard on his trek down to Los Angeles.

Haggard how to ride a bike and accompanied him on his incredible summer ride.

Haggard originally wanted to bike across the United States, but he decided to scale it down a little bit considering it was his first attempt at such a lengthy trip.

A fellow cyclist recommended the San Francisco to Los Angeles route, having recently completed the same trek; it is better to start in San Francisco because you ride on the outside of the road instead of the inside, making it much safer.

For preparation, Haggard "put in a ton of mileage." He rode between 100-400 miles per week leading up to the trip.

During the trip, Haggard and his father biked for about five hours each day setting stopping points at which to spend the night. Highlights of the trip included Big Sur, where they stopped in the middle of a forest by a river where they could go on night swims, and San Simeon, because they rode along the coastline, looking over the Pacific Ocean.

Throughout this experience, he made sure to keep an "I can do this" attitude even when the going got hard. Even though the ride turned out to be more difficult than he expected, Haggard remembered to keep his eye on the prize.

Haggard distinctly remembers that he "felt like a champ" when he finished the trip.

In a few summers he plans to bike across the United States. For now, he will just keep biking in California and around San Diego.

Haggard also has a request for students, "If you see me out on my bike, honk and wave!"



By Janet Shackleton Staff Writer

There are a select few sports at La Jolla High that have adopted morning practice. These morning practices exist to help teams improve without cutting into the afternoon.

Throughout the fall season, the boy's varsity water polo the end of the day, and their high school career, they appreciate how hard they worked and they realize the benefits from it."

Myles Martinez, a freshman who practices in the morning with the varsity team said, "I actually like it because it helps me stay in shape and I learn a lot from it. We train pretty hard, a lot harder than afternoon water polo practices. What we work on is mostly conditioning. I am really glad to be a part of it because it teaches me things not just for the sport, but actual discipline with getting up early." Emily Young, a varsity lacrosse player, was asked how she felt about before school practices. She said, "I like early morning practices because it gets me energized for school and it's such an effective use of just a short amount of time." The girl's varsity lacrosse has one morning practice a week from 5:15am to 6:30am. The varsity boy's lacrosse team practices at the same time as the girls at night, so the two

teams made a deal. One night, the boys get the full field and another night the girls get it. The girls decided to practice in the morning the day the boys have the full field.

Young also said, "There is so much learning that is condensed into such a short amount of time. I think it helps with everyone's attitude

UPCOMING SPORT EVENTS

October 12

Varsity and JV Field Hockey vs. San Dieguito @La Jolla

Varsity and JV Football vs. Point Loma @Point Loma

Varsity, JV, and Novice Water Polo vs. Coronado @La Jolla

October 16

Varsity Tennis vs. Scripps Ranch @La Jolla

Varsity, JV, and Freshman Volleyball vs. University city @La Jolla

Varsity, JV, and Novice Water Polo vs. Sante Fe Christian @La Jolla



team is to be in the pool by 5:15 am. The boy's water polo varsity coach, Tom Atwell, thinks it benefits the team.

"We are able to condition. We get to do all of our physical conditioning to be in shape. One of our goals is to be one of the fittest teams in our division. The players get to work on their discipline, it teaches them they can not stay up all night because they need to get up in the morning, they need to manage their time wisely and to get enough rest," Atwell said.

Atwell was also asked if he thinks the students like getting up that early in the morning. He replied, "They say that they don't, but I think that by towards lacrosse because it's very disciplined, since we need to be there so early. We usually work on small game scenarios and stick skills and morning practices are generally harder, there's a lot of running since we don't have enough time for actual full-length drills."

Overall, it seems to be that players enjoy morning practices. It teaches the players discipline, strength, and it helps them focus during school. It is good to know that our La Jolla High players are excited and happy to be practicing extra hard and having extra time to practice doing what they love. Although the thought may seem daunting, these practices are beneficial to all. October 12, 2012

SPORTS

HI-TIDE



By Trevor Menders Staff Writer

The roar of the crowd and the glare of the lights are sensations every athlete wishes to experience. Many even vie for a hallowed varsity letter. But what about those who do not? There are many athletes at La Jolla High School who are extremely dedicated to their sports, even though their hard work will never lead them to a CIF championship. These are the stories of just a few of the many committed Vikings who For junior Katie Lepis, figure skating has been a life-long passion; having started at four years old and still going strong today, she plans on continuing into the collegiate and professional world of the sport.

To Lepis, skating is the perfect combination of performance and competition. The feeling of leaving a fantastic routine is what keeps her out on the ice. Her practice schedule consists of an hour before school every day, an hour and a half to two hours every weekday afternoon, and three to four hours both



Junior Katie Lepis and her figure skating team at nationals.

grace both our halls and the rest of the city with their drive and perseverance.

Saturday and Sunday on top of coaching and a school schedule loaded with weighted classes.

Junior Hallie Bodenstab is an active member of the La Jolla High drama department; but that is only half of her story. Bodenstab is a practitioner of kick boxing through Eagle Martial Arts in addition to being an accomplished vocalist and actress. She entered the sport on the suggestion of a friend, and what started as a trial class quickly evolved into a thriceweekly event.

"The improvement you see in yourself really motivates you to keep going," according to Bodenstab, "... and you want to be ripped." Contrary to popular belief, getting punched is not deterring at all. In fact the hardest part is just the upper body work. "Kick boxing...is more for yourself. It's to feel good about yourself and be both confident and able to defend yourself," said Bodenstab.

Perhaps one of the most unique athletes is senior Rachel Scherman, who plays squash. For something so off the radar, it has been a major part of her life. Her father played squash in Europe, and when he came to San Diego he founded a squash club. Scherman started playing when she was younger. Now, she plays on the courts at UCSD, where she can be found up to six days a week for at least an hour. Considered an Olympic-level sport - though nell. As a senior, she is disappointed that squash has not been a CIF sport during her time at LJHS, but she hopes that after college she can be a coach and increase awareness about her sport.

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Rachel Scherman practicing for an upcoming match.

not an event at the Olympics - squash is a confounding combination of mental and physical agility combined with strength. The ball moves at incredibly high speeds, which causes the impact to hurt, and the matches are played best of five to 11 points each. There are collegiate teams for squash, though mostly on the east coast. Scherman recently committed to playing at CorAll of these endeavors are quite extraordinary. Each requires incredible amounts of dedication and perseverance from the people who pursue their nuances and perfections. From the ice to the gym, La Jolla High School is lucky to have such talented and motivated people to represent them apart from the home field.

WILL SCHOOL SPORTS MAKE THE CUT?

By Nessie Navarro Staff Writer

In the midst of school budget cuts, school board members are considering cutting all school sports programs in order to save money. Whether or not this idea will actually take be put into action is entirely up to the school board, the local government, and various propositions such as Propositions 30 and 38. School sports have many benefits and are important to the students. Cutting them will affect many people. Coach Allen, the Athletic Director at La Jolla High School, says that '[cutting school sports] would hurt the morale of the school and the spirit." Not only do school sports act as a place where students can learn and practice a sport, but they also help bring students together over a common passion.

but I soon learned that everyone on the team was welcoming and I made a lot of new friends from it." In addition to meeting potential friends and getting exercise, school sports allow students to learn how to manage their time between academic and athletic duties.

School sports are important, to the coaches and the school, but also to the students. "I would feel like the school let me down," says sophomore Kelly Collins, who plays for the varsity field hockey team.

3 GOING ON 4 4-YEAR VARSE SHARE THEIR

By Maddie Lavelle and Waverly Richards *Staff Writers*

Varsity sports, a vital part of La Jolla High School, serve as a shelter for many athletes. Sports are extremely time consuming and require an immense amount of dedication. However, being a Varsity player since freshman

year has been accomplished by a handful of La Joltiny girl," said Harmeyer. Harmeyer was extremely excited to make varsity as a freshman.

Going for her fourth year on the women's varsity water polo team, Heidi Moreland has learned discipline and the importance of leadership.

"Freshman year I actually didn't want to make varsity because my sister and all of her friends and the other upper-



classmen were intimidating.

Once I became friends with

them and got to know them

better they all motivated me.

It was a blast! Being on var-

sity for my four years in high

school has really taught me to

be a better person and player

and to learn from the people

that were older than I was,"

4-YEAR VARSITY ATHLETES SHARE THEIR EXPERIENCES

Moreland stated.

Senior Melanie Lock is headed to her fourth year as a varsity soccer player. She explained that making varsity soccer was a struggle, however she had been playing soccer since she was eight, meaning she was well prepared to tryout. Lock then went on to say that all her teammates were helpful and accepting towards

her. One teammate in particular was Courtney

Colton Kellogg, a junior on the varsity boys' tennis team said that, "My first year on tennis was a little intimidating, In every aspect, school sports are meaningful to the students and if the athletic programs are the first item to be cut in order to help our budget, then a majority of the students at La Jolla High would be extremely disappointed.

Coach Allen mentions that, "school sports bring out the competitiveness [students] might need in other parts of life." If these sports do indeed get cut, not only will the students be let down, but also, they will be missing out on great opportunities. la High seniors. Senior Katie is a Harmeyer four-year varsity player in field hockey, basketball and track and field, basketball being her favor-Harmeyer ite. began her freshman year on JV

basketball, however due to her dedication and hard work she was then moved up to play on varsity for the rest of the season.

"I definitely was nervous because everyone was so tall, like basketball players are humongous and so I was kind of intimidated being a semi Volger. Lock said she was always very encouraging. "She would give me rides home from soccer because she lived close to my house and we would talk about high school and soccer and she really helped

me out," said Lock.

Lock was grateful to make varsity and share the experience with her amazing teammates and coach.

Being a varsity athlete has challenges, but Harmeyer, Moreland and Lock agree that being on the team is worth the dedication and commitment.

HI-TIDE 10 **New Graduation Requirements**

What freshmen need to $\bar{k}now$.

By Rachel Carroll

Staff Writer

... continued from page 1

Previously, students did not have to take two years of language. They only had to take one year of language and one semester of practical or visual and performing arts or one year of visual and performing arts and one semester of practical arts. Another big change is that all students must take one year of an approved visual and performing arts course.

The classes in many students' schedules already fulfill these requirements. To some, the new requirements are beneficial. Julia Albanez, a freshman said, "taking a language for two years is good because colleges require it so it will help to get into college." However, the

additional math and language requirements may be more difficult for some students to fulfill.

The goal of San Diego Unified, with these changes in curriculum, is to make sure that all students are prepared for college. The old requirements did not satisfy those for admission for University of California and California State University. The district superintendent, William Kowbe, wrote that "the district will provide student learning support, parent/guardian workshops, staff professional development, and resources to help all students successfully meet these expectations." These new requirements demonstrate the San Diego Unified School District's commitment to the success of its students.

NEWS October 12, 2012 ER FROM EDITO

Dear Readers,

It is with great excitement that we present to you the first issue of the Hi-Tide for the 2012-2013 school year.

With a whole host of fresh faces on the writing and editing staff, we expect to have a fantastic year. Seeing that the presidential election is coming up this November, we have dedicated much of this issue (including a Student Focus special spread on the candidates and the issues) to keep our school informed.

This year, we are striving to make the paper appear more orderly and professional. Since we try to fairly represent the student body, we always appreciate feedback. Please do not hesitate to drop us a line at ljhitide@yahoo.com or stop by room 501 (Mr. Essex) to speak to one of us.

Finally, thanks to our talented webmaster Jordan Bowman, we now have a website. Go to www.ljhitide.com to see web-exclusive articles and issue archives. Also, follow us on Facebook (Hi-Tide) and Twitter (@ljhitide).

We hope you enjoy this year's issues!

Tim Rayner Editor-in-Chief

Sarahluam

Sarah Devermann Editor-in-Chief

The One Thing The President, Fracking, and the FTC Have in Common



By Ben Allen Staff Writer

Last Monday marked the peak in a state wide threeday trend of rising gas prices. The average price of gas in California was \$4.66; prices in La Jolla exceeded five dollars.

"malicious trading schemes." In an effort to alleviate gas prices, Governor Jerry Brown allowed for the selling of winter blend gas in an attempt to bring cost down. Winter blend gas is normally not sold until November.

California's gas woes came at an interesting time as the legislature has been questioning a drilling process known as hydraulic fracturing, or "fracking." Supporters for fracking point out the increased supply of natural gas brought by the process. Increased supply means lower gas prices, a good thing while gas prices are at \$5. Opponents of the process point out the ecological damage it causes and homeowners near a fracking well captured how the drilling chemicals made their tap water flammable. Governor Brown's administration promised to begin drafting fracking regulations this year. More recently, Sacramento vetoed legislation that would give oil companies 30 days to notify nearby landowners of fracking.

In addition to the controversy over mining techniques, energy is also a hot topic in the presidential election this year. The two candidates opinions differ entirely, where President Obama supports clean energy, Governor Romney backs exclusively natural gas. It should be noted that the Koch brothers, extremely wealthy oil barons, have donated millions to the Romney campaign. That being said, the presidential election will play a role in deciding gas prices for the next four years. With questioned mining techniques, division in Washington, and possible price manipulation, the rise California saw in its gas prices is starting to shape into a perfect storm for the state's natural gas market. While gas prices are expected to drop by next week, there is no telling when they may rise suddenly again.

So Long Mary-Jane

By Megan Carroll

Staff Writer

The last licensed medical marijuana dispensary in San Diego was shut down on September 4th, 2012. Mother Earth, the name of the dispensary, was just one of many medical marijuana dispensaries closed across California.

According to Scott Chipman, chairman of San Diegans for Safe Neighborhoods, approximately 20 unlicensed dispensaries remain in San Diego today. Previously there had been over 200. In July, Los Angeles County ordered all of its 762 medical marijuana dispensaries to close, as stated by the LA Times. The same fate seems to be in store for San Diego.

According to federal law, using or selling marijuana is illegal. According to California state law, if a physician recommends marijuana, a person what is legal and illegal conwith consent can use marijua- cerning dispensaries. na legally. However, California state law does not specify of marijuana dispensaries the amount of marijuana that mean for La Jolla High School is allowed or how one can ac- With so few dispensaries open quire marijuana. This ambi- now, kids will not have as easy guity has led to the creation of "pot shops" and has caused a of kids would get their weed conflict between federal and from these dispensaries," said state law. Recently, U.S. attorneys and federal agents have been shutting down dispensaries. U.S. attorney Laura Duffy com-

mented, "The United States Attorney's Office supports eviction of the commercial marijuana businesses, like Mother Earth, that operate outside of federal law." City attorneys can also close down dispensaries on a state level but, "it takes many hours of investigation to develop a case to cause the city attorney to bring a case to a judge," says Scott Chipman.

Dispensaries such as Mother Earth are hopeful that they will open again. Bob Reidel co-founder of Mother Earth. said, "We're going to keep fighting for it." He, and many other medical marijuana dispensary owners, are awaiting the decisions of court cases that have gone to the California Supreme Court regarding the legality of marijuana. These court decisions have the potential to completely change

What does the shutting down an access to the drug. "A lot one La Jolla High student who wished to remain anonymous, "with less weed around maybe kids will hit the bike path less often."

The spike in the cost of gas comes in response to the closing of a pipeline and refinery earlier this year. However, the rise in gas prices caught the attention of Senator Dianne Feinstein who stated that the closed line and refinery was not a legitimate reason for the cost increase. Feinstein pointed out that gas production, stockpiled gas and blending components were nearly as high as last year's numbers. "Publicly available data appears to confirm that market fundamentals are not to blame for rising gas prices in California," Feinstein said. As a result of these findings, the senator asked the Federal Trade Commission (FTC) to look into what she called







Emerald Jubilee City Ballet of San Diego's 20th Anniversary Season

By Trevor Menders Staff Writer

The last thing you would expect to find in the middle of Pacific Beach is a ballet company. Yet, there it is, the City Ballet of San Diego with directors Steven and Elizabeth Wistrich. During the season, dancers can be found rehearsing in their studios off of Garnet Avenue every day of the week. And this season's rehearsals are special: it's the company's twentieth anniversary. City Ballet of San Diego has grown and thrived as San Diego's only completely professional ballet company.

The twentieth anniversary season for City Ballet is filled with fantastic spectacles: the classics Paquita, Giselle, and Carmina Burana, with Elizabeth Wistrich's own The Seasons, and a world premiere contemporary piece by Geoff Gonzalez performed Balanchine's alongside Tarantella and Emeralds.

This season is special for Elizabeth; her Carmina Burana was one of her first works for City Ballet, and this will be the first time it is performed with full orchestra and vocals. In addition to the company's twentieth anniversary, it is also that of the City Ballet School.

The school is also run by the Wistriches; it encompasses a year-round program with six divisions and a summer program that draws teachers from New York City Ballet and American Ballet Theatre, as well as students from as far as Japan. Many of the school's students

are Vikings; Freshman Sierra Ottelie-Kovelman is in division IV, freshman Amani Rodriguez is in division V, and sophomores Geneva Kotler and Alma Halgren are part of the pre-professional division VI. Recent graduates of LJHS who once studied at the school include Grace Henahan, Alyssa Kennedy, and Cara Cadman. Alumni go farther back, including Shelby Arnson, Katie Burris, and Arianna Samuelson.

Elizabeth Wistrich explained that the company and the school are greatly influenced by her training at the Boston Conservatory, Steven's training at the School of American Ballet, and their experience in Europe, the technique resulting in a mix of Royal Academy of Dance and Balanchine styles.

City Ballet School's students' technique is versatile enough to take them anywhere: former student Lara Bossen danced with the American Ballet Theatre II, Kate Arnson now dances with Ballet Tucson, and viking Arianna Samuelsson danced with The Joffrey Ballet and Atlanta Ballet, and now dances at City Ballet as a principal.

Amidst a tough economy and a pop culture shift away from the performing arts, many companies are closing. However, Elizabeth remains optimistic. She says they have always been lucky; each year they have been able to expand the season and the company. Elizabeth also has no qualms about thanking their dance connections and their sponsors, such as La Jolla residents Dan and Barbie Spinazzola, which have allowed the company to perform such high quality works.



Ariana Samuelsson: Former La Jolla High student and current principal dancer with City Ballet

Choreography by George Balanchine © The George Balanchine Trust

Everything has really fallen into place for the Wistriches and their City Ballet, allowing them to prosper as a company. As the lights go up on the Spreckel's Theatre stage this year, the members of the City Ballet will know they are a part of something special. A ballet company that has managed to not only survive, but thrive, in San Diego is something very exceptional indeed. May the City Ballet of San Diego have a wonderful twentieth season, and many more to come.

October 12, 2012 " SNOOP DOGG BECOMES ONE WITH HIS INNER RASTAFARIAN

By Erin Riley Staff Writer

Ever since his first rap album, "Doggystyle" was released, Snoop Dogg became an instant household name, his album being considered one of the greatest in rap history. Why would a exceptionally known rapper, just out of the blue, decide to change his name? In Snoop Dogg's case, or shall he be called "Snoop Lion," it was a spontaneous trip to Jamaica that sparked this complete alteration of his identity.

According to the Urban Daily, Snoop stated, "I want to bury Snoop Dogg, and become Snoop Lion...I didn't know that until I went to the

temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there."

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Snoop Dogg is releasing a new album called "Reincarnated" under the name Snoop Lion, his debut reggae album. This change in music will give Snoop a new audience and hopefully not upset his fans. Senior Jackson Smith projected, "he should change his name back to Snoop Dogg." It is likely that the widely appreciated artist will forever be known by his original name.

FEATURED: SNOOP LION SHOWS OFF HIS RASTA GEAR







Featured: freshman Amani Rodriguez (left) and sophomore Geneva Kotler (right) before ballet class

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By Lilly Glenister Staff Writer

"Selis came together March of 2012 as a jazz fusion band," said lead singer and La Jolla High junior, Ian Brininstool. Ian and his fellow band mates: senior Alan Mackelburg (lead guitar), sophomore Keith Block (drums), and senior Derrick Babb (bass) have begun to make quite a name for themselves. According to Ian, the unique name of their band arose from out of the blue. "We [the band] all agreed that it would be good just to have a random name that sounded cool. Derrick Babb's friend had the last name 'Selis', so we all just agreed to call ourselves that."

With an EP already out with five original songs, the band is "expecting a release of a full length album by early winter," said Brininstool. The band has had a very busy fall schedule, booked with several gigs at well-known music venues in San Diego, including Electric Lady Land in Ocean Beach and SOMA near the Sports Arena. In fact, Selis's September 22nd show at SOMA went so well that the band has been invited back to headline another show in the near future, possibly with Neveready, another local band with roots in La Jolla High. Brininstool said that people who are interested in seeing one of their shows should "be on the lookout because we are always in the process of setting up new gigs."

Many students find it challenging balancing school and extracurricular However, Brininstool activities. admitted, "Practice is pretty easy to fit into our schedules because we just jam up the street from school in our drummer Keith's garage." All of the members of Selis are currently students enrolled at La Jolla High, excluding bassist Derrick Babb, who is a senior at Clairemont High School.

According to Brininstool, Selis had originally formed in La Jolla High's instrumental jazz band last school year. "Our lead guitarist, Alan [Mackelburg], had approached me and asked if I had wanted to sing for a band he was trying to start. Alan already knew a bass player (Babb), and Keith was the drummer for the school jazz band we were in. I thought the idea was great and it is pretty much all history from that point."

When asked about the process behind writing all original music and lyrics, Brininstool said "It's collaborative. definitely Usually what happens is that Alan comes up with a guitar riff, Keith adds rhythm, and I start to sing a melody to the riff. Derrick adds a base line to everything and when [it's] all put together I usually finalize the lyrics."

Selis had begun promoting themselves

and setting up gigs early on with help from a friend of Derrick Babb's. According to Brininstool, "Derrick had a friend named Justice that worked for a place called 'Broken Down Entertainment' and he had started to organize us to start playing at open mic nights. Once we started to create more of a following and a fan base for ourselves we were able to book more gigs at places like SOMA and Electric Lady Land."

The boys of Selis are definitely creating a place for themselves in San Diego's local music scene. With plenty of future gigs and a potential album in the works, Selis is working on building a broader fan base. If you are interested in learning more about this band, be sure to look up their Facebook Band Page (http://www.facebook.com/#!/ selisband) and be ready to attend some of their entrancing live shows.



For all Coachella and Outside Lands fans looking for another fun music festival to attend, you are in luck!

a much more intimate venue. With just two stages and staggered performances, there is no need to plan out your day or have to pick and choose which artists you want to see. It also has a much smaller capacity, only

S



Treasure Island Music Festival takes place on October 13th and 14th right in the middle of the San Francisco Bay. It will be on the historic and artificial island between San Francisco and Oakland. Unlike many of the other music festivals, Treasure Island is held at

25,000 people compared to Coachella's 85,000.

The Festival features 26 artists. The first day leans toward the electronic side; joining Girl Talk, Public Enemy, and The Presets are SBTRKT, araabMUZIK, Grimes, Toro y Moi,



Porter Robinson, Matthew Dear, Tycho, and Dirty Ghosts. The indiecentric second day promises The XX, M83, and Divine Fits along with Best Coast, Youth Lagoon, Los Campesinos!, The War on Drugs, Ty Segall, Gossip, Imperial Teen, and Hospitality. Tickets are on sale now for about \$130 for a two-day pass. Many La Jolla High students are very excited about the upcoming festival. Senior Bridget Aiello says, "I cannot wait for Treasure Island Music Festival. I go

every year with a few of my friends. It is so much fun and the lineup this year is amazing! It's also at a super pretty location right on the bay. I would recommend people who love music to check it out."

The festival is also working to become greener by reducing emissions and waste, so all you hippies, this is the perfect music festival for you! With its prime location and awesome lineup, Treasure Island Music Festival is not one to miss.