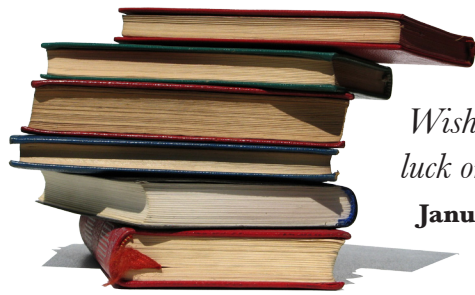


Hi-Tide

Volume LXXVVIII Issue 4 - January 20, 2012

Celebrating La Jolla High's 90th Year



Wishing you good
luck on your finals!
January 25-27



Photo courtesy of Laura Wells

Plagiarism on the Rise at LJHS

By **Chance Rhome**
Staff Writer

Plagiarism – use of another’s ideas, words, or work as one’s own. Plagiarism includes, but is not limited to, the misuse of published material, internet material, and the work of other students.

The LJHS Planner

Recently, many La Jolla High students have fallen subject to the temptation of plagiarism.

English teacher Ms. Collins said, “I have just experienced plagiarism on a grand scale for the first time in the 13 years I have worked at LJHS - I had 20 students out of approximately 75 plagiarize a writing assignment...”

Ms. Collins uses different measures to prevent plagiarism in her classroom, one of them being *turnitin.com*, a website used by teachers to ensure the originality of a student’s work. However, *turnitin.com* serves a useful purpose only if a student has lifted information from a source that has been “banked” by the system. “It has limitations,” she said. She believes it is the administration’s job to spread the word of isolated incidents throughout the staff, and adherence to the school’s policy when disciplining plagiarism.

Mr. James had a similar problem with plagiarism last year. He says, “I have noticed a decrease in plagiarism in my biology classes this year. I attribute this to the large number of referrals for plagiarism that

I wrote last year.”

He also believes that *turnitin.com* is a strong deterrent, but not a fail-proof solution. He warns of the harsher consequences for plagiarism beyond high school. “In college, a student that commits plagiarism may be expelled without a reimbursement of the tuition that was paid.”

As punishment for plagiarism in his classes, Mr. James follows the Academic and Personal Honesty Policy, in addition to calling the student’s parents. When asked if there was something the administration could be doing to help resolve the issue, he responded, “I think it would be great if examples of plagiarism were shown to incoming freshmen and new students.”

This details how teachers address plagiarism, but does not answer why students plagiarize.

“Either they’re not confident in their own thoughts, or they’re too lazy to do the work,” said senior Eric Gunderson, “Try and take pride in your own work...You’ll probably get a better grade on [your own work] anyway, because

[the plagiarized work] is not going to sound like you.”

Calling it “really common,” freshman David Schultz regards copying another piece of work, “as a shortcut to completing the assignment...when students are not confident in their own work.”

The school wide-policy against plagiarism is addressed in La Jolla’s Student Information Packet, and in the student planner. The policy states, “Any student guilty of academic dishonesty will receive a zero for the affected activity. That zero may not be dropped from the record and will be averaged into the student’s grade. Upon a second instance of dishonesty in either semester of that course, the student will be removed from that course and receive a final grade of ‘F/U.’”

None of the students interviewed for this article knew the school’s policy on plagiarism. This begs the question, are students adequately informed on the meaning and the consequences of plagiarism? If the recent spike in plagiarism is any indication, they may not be.

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Are You The Next ASB Commissioner of Environmental Affairs?



Photo courtesy of Rebecca Huntly-Playle

By **Ryan Mann**

ASB Commissioner of Environmental Affairs

If you are interested in environmental issues and would like to manage our school’s sustainability efforts, here is your chance.

ASB is looking for a new Commissioner of Environmental Affairs for the 2012-13 school year. This position was created just last year in order to introduce a bottle-and-can recycling program, an in-classroom recycling program, and a cell phone drive.

And this is just the beginning. In this Commissioner position, you would have the ability to add more programs and events,

such as beach cleanups, energy conservation efforts, or printer cartridge recycling drives.

Whatever programs you choose to pursue, ASB provides a built-in support system. In addition, the school’s environmental clubs and AP Enviro classes are a great resource for supporting green efforts and generating publicity.

Finally, as a member of ASB, you would also have the opportunity to get involved with many of the school’s events: dances, pep rallies, Powder Puff, and Air Band.

If you’re interested in the position, contact me at ryancmann@mac.com for more information.

ASB Update

The semester is ending, the pressure of grades is kicking in, but luckily there are some exciting events coming up.

First, the seniors are going to crush some teachers in basketball during the annual Senior vs. Faculty Game on February 3 during fourth period. Don’t miss it!

Next, there is an ASB Ball preview day, complete with gentlemen decked out in tuxedos, escorting some good look-

ing ladies around the quad.

Yes, that means ASB Ball is right around the corner, on February 25. Held at the Midway this year, it is sure to be special.

In other news, be ready for a Student Senate Meeting on January 29.

Good luck with finals,
Erik Vanstrum
ASB President

The La Jolla High School

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Another Brick In The Wall

By Alex McMahon
Copy Editor

The quality of education in the United States is declining. Although the number of people completing high school has increased from 25 to 87 percent from 1940 to 2010, according to the U.S. Census Bureau, our 90th percentile benchmark in the Trends in International Mathematics and Science Study (TIMSS) 2007 has decreased.

Granted, the average scores have increased, but at the expense of higher scores. Most people's first reaction is to find someone to point their fingers at—students blame teachers, teachers blame students.

"When you look at the decline of education, I don't think it's as easy as 'teachers are not doing as much.' There might be some who are not doing as much, but I think we are in an ever-changing world," said Mrs. Dill, going on to explain the pendulum-like shifts in education quality.

The fault is not of a specific group, but of a long-set precedent of standardization, says Sir Kenneth Robinson, Ph.D., an expert on education.

"When you have a set curriculum that teachers aren't able to deviate from, they can't respond to their classes' needs. Set curriculums are really bad because they make the teachers enjoy their jobs less, and when the teachers are not enjoying their jobs, the students can't possibly enjoy learning," said senior Erica Eisen.

Sir Robinson describes how the public system was created with Enlightenment principles during the Industrial Revolution. Schools are essentially an industry, and working citizens are their output. The older generations are, understandably, trying to train students to take their places in the economy.



"It's definitely becoming too much of a business," said junior Alex Kurta. "I think it's a case of money mismanagement. We can't photocopy several sheets of paper, but we manage to have Promethean boards for teachers who don't really need them, and meanwhile, we're laying off good teachers."

California spends around \$50,000 per prison inmate a year and \$7,000 per student,

The dismantling of an established educational system

according to the California Department of Corrections and Proposition 98 on state spending. A beginning teacher will receive \$42,000 on average.

"If you look at teacher pay, it's absolutely abysmal. People with high degrees, for example, who would be very knowledgeable about their subjects, are not the people being attracted to teach-

about the score attached to it and the more pressure we put on students to get that score. As soon as we assign extrinsic motivation for things, grades, we undermine your intrinsic, natural motivation for things," said Mrs. Dill.

Intrinsic motivation is sustained by self-expression and the creative process, which is facilitated by divergent thinking. People use divergent thinking to come up with different solutions, rather than converging on one.

"Elementary school encourages your creativity; high school is not creative. In middle school and elementary school, we had a lot of creative writing assignments, and I think that since high school, I've had maybe two or three total in all of my four years," said Eisen.

A longitudinal study in the book *Breakpoint and Beyond* by George Land, reported a decline in subjects' divergent thinking skills as they grew older.

Moreover, from the 1997 to the 2007 TIMSS, both the 10th and 90th percentiles increased in fourth-graders, compared with the aforementioned decrease in higher grade levels.

It is difficult to place one's finger on a solution, but pointing fingers is part of the problem. Nothing can be changed until educators, students, and parents alike, accept that any flaw is a group flaw, and any progress must be a group effort.

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Serving the Community

Do students participate in community service for college purposes or for humanitarian benefit?

By **Caitlyn Kellogg**
Staff Writer

It is a misconception that high school students participate in community service solely for college purposes. It is often thought that they are not completely invested in the volunteer work they are performing.

While this could be true at other competitive schools around the country, students at La Jolla High School prove that this is not always the case. These students truly do seek to help change their community for the better, and they go above and beyond the set expectations to do so.

Senior Ellen Latta, a volunteer at St. Brigid's Church, serves to feed the homeless. "Everyone deserves to eat. . . this is a good way to put food to use," said Latta, who has already fulfilled her community service requirement.

Equally motivated to make a difference in her community is Sara Phelps, who, for her Girl Scout Gold Award, directed *Alice in Wonderland* at an under-

developed school lacking a theatre program.

"I learned that they put on a play with the seminar students and not with other students. I am a strong promoter of theatre and drama in low-income areas," said Phelps, who assured that the community service requirement for college was not her motivation for taking this project on.

In addition, Maura Kanter is a member of the National Charity League. NCL is a mother-daughter organization dedicated to community service but at the same time promotes educational and leadership development. Kanter undertakes projects like knitting blankets for the Salvation Army.

"I like doing it; it's fun," said Kanter, who also would be volunteering even if the college community service requirement did not exist.

Kanter has many suggestions regarding how to get involved. "Go down to St. Vincent de Paul and volunteer at the soup kitchen whenever you want. Work at the Salvation Army. The library needs volunteers all the time. There are so many

avenues to get involved in," Kanter said.

Some may think that community service is not something students engage in for the benefit of helping those in need. Many assume that students participate only in the hopes of improving their college applications.

While doing community service for college may provide the benefits of helping students get into a college of their choice, many students at La Jolla High School are acting for the good of the community as opposed to acting for themselves.

Community service can be seen as just another step to be taken in the process of college acceptance. To some students, it may be an activity performed simply for the credit; and they may not truly seek to help the less fortunate.

It is actually when students have a genuine love for helping others, and their involvement in community service exceeds requirements that may be needed for college, that those solid differences are made in a community.



Top: Senior Sara Phelps and sophomore Hallie Bodenstab with students on the set of *Alice in Wonderland* at a school lacking a theatre program

Bottom: La Jolla High School students gathered for a National Charity League meeting



Photo courtesy of Maura Kanter



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By **Wendy Nettleton and Christine Han**

Copy Editor & Opinions Editor

Have you been on Google or Wikipedia recently? Have you noticed the Google banner and Wikipedia "blackout?" Both of these major sites actively participated in an "Internet blackout" to protest two new anti-piracy bills. These bills are the Stop Online Piracy Act (SOPA) and its partner, the Protect IP Act (PIPA).

The point of these preposterous bills is to prevent access to pirated movies and counterfeit goods. Sites such as Google, Facebook, and Wikipedia protest this law because they do not want to be censored and fear that the law could threaten the internet's development.

Senior Jasmine Mobasseri explains how SOPA would work. "[SOPA] would make it very hard for new websites to start up. It would not shut down Facebook, but, for example, if you posted a video on your friend's wall with a Britney Spears song in the background without permission, her law-

yers could potentially sue you."

SOPA and PIPA are pointless laws and in reality, they would severely hinder "our industry's continued track record of innovation and job creation, as well as our nation's cybersecurity," as stated by Google, Facebook, Twitter, Zynga, eBay, Mozilla, Yahoo, AOL and LinkedIn in a letter to the Senate and the House of Representatives.

"These laws could really affect our common use of websites such as Youtube, Facebook, and Twitter," said sophomore Julia Peavy. "It's not fair that SOPA and PIPA are presenting these bills because they violate the rights of free speech."

One of the groups that organized the protest, Fight for the Future, is planning to host a live stream on its website in which you can send any comments or concerns.

To fight SOPA and PIPA you can visit www.google.com/takeaction to sign a petition against these outrageous bills.

Guess The Couple

By Brittney Schrift & Hannah Rawdin
Features Editor & Copy Editor

Valentine's Day is quickly approaching. While most people anticipate the daunting task of searching near and far for their valentine, there are some, a small minority, who already have a special someone to share it with. These "couples," as we call them, are applauded for their cuteness and scorned for their over-the-top displays of affection. Whether you hate them (let's get real, you are jealous) or love them, you can't deny them the recognition they deserve for making it this far. Some of the couples you are about to encounter have been together for a year, and a few have even made it to the two year mark. While we congratulate those who have been able to endure their ball-and-chain for that long, we would also like to test you, the reader, and see if you can identify each high-profile couple based upon the information given. Read the description given, examine the picture, and see if you can guess the identity of each adorably sickening duo. Happy Valentine's Day readers!

1. Boy: Senior; Girl: Senior

Not only does this couple have their blonde hair in common, but they also enjoy spending hot days at the beach together; she considers his wet suit tan to be a big turn-on. They both agree that the best part about being in a relationship is being with your best friend. They started out as friends and eventually their friendship blossomed into something more at the start of their junior year, and they have been together ever since. A year may seem like a long time, but this duo is happier than ever and advises other couples to "have fun!"



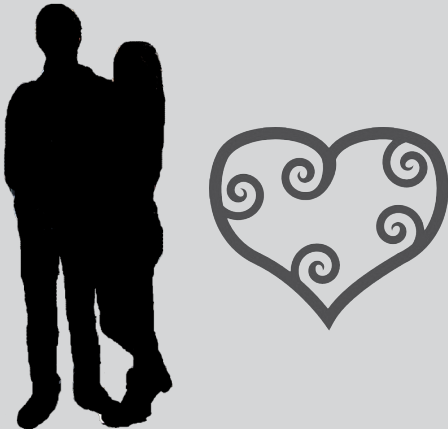
2. Boy: Sophomore; Girl: Sophomore

This next couple has been together for a little over a year. They originally met in second grade and have been in each other's lives ever since. They say that the best part about their relationship is that they don't have to go through the awkwardness of going to a dance with a date you aren't into, and they advise other couples to keep the spontaneity in the relationship and to avoid "getting stuck in a routine."



3. Boy: Junior; Girl: Junior

Couple number three are supportive of each other in every way. They share a love of sports--she is on the soccer team and he plays waterpolo--and they are academically competitive with each other. They can annoy each other, because he tends to beat her on tests and she can be a perfectionist, but they have been together for nineteen months and are still going strong. They met in a jacuzzi at a party, and enjoy going out to nice restaurants for food. They encourage other couples to "not stress the small stuff," and say they are each other's best friends.



4. Boy: Senior; Girl: Junior

Even though they are in different grades, couple number four met through mutual friends last year. They have been together for nine months, but they can definitely annoy each other. He recently learned to whistle and now will not stop, and she has a thing for constantly tickling him. They cite their strong friendship before dating as the reason why their relationship is so solid. This couple is very supportive; she went to every one of his football games this year.



5. Boy: Freshman; Girl: Freshman

This final couple may be new to high school this year, but their friendship began in seventh grade at Muirlands and they recently reached the seven month mark of their romantic relationship. Their compatible personalities originally drew them together. He appreciates her eyes and natural beauty, while she loves his humor and easy-going attitude. They believe it is important not to settle unless you have found the right person and advise an understanding disposition when approaching a long-term relationship.



Dear Shelby

Dear Shelby is an advice column created by the *Hi-Tide* newsroom. Questions are printed anonymously and will be answered to the best of Shelby’s ability. Advice seekers can send their questions to ljhitide@yahoo.com.

Dear Shelby-

My sister came home from college with a new gorgeous boyfriend who she really likes, and I ended up making out with him. He wants to keep it a secret, but I feel bad. What do I do?
Sincerely,
Bad Sister

Dear Bad Sister-

TELL HER! Of course she will be angry! It was very foolish of you to do it in the first place, but keeping it a secret will just make matters worse. Plus, why would you want your sister to be with an egotistical boy who can’t come clean to her?
Good luck,
Shelby

Dear Shelby-

My best friend is a major partier and I have no problem with that. However, I have a problem when he insists on drinking and driving. I worry about him but when I talk to him about it he tells me to “shut up and mind my own business.” How do I make him realize that this is a problem?
From,
Driving Sober

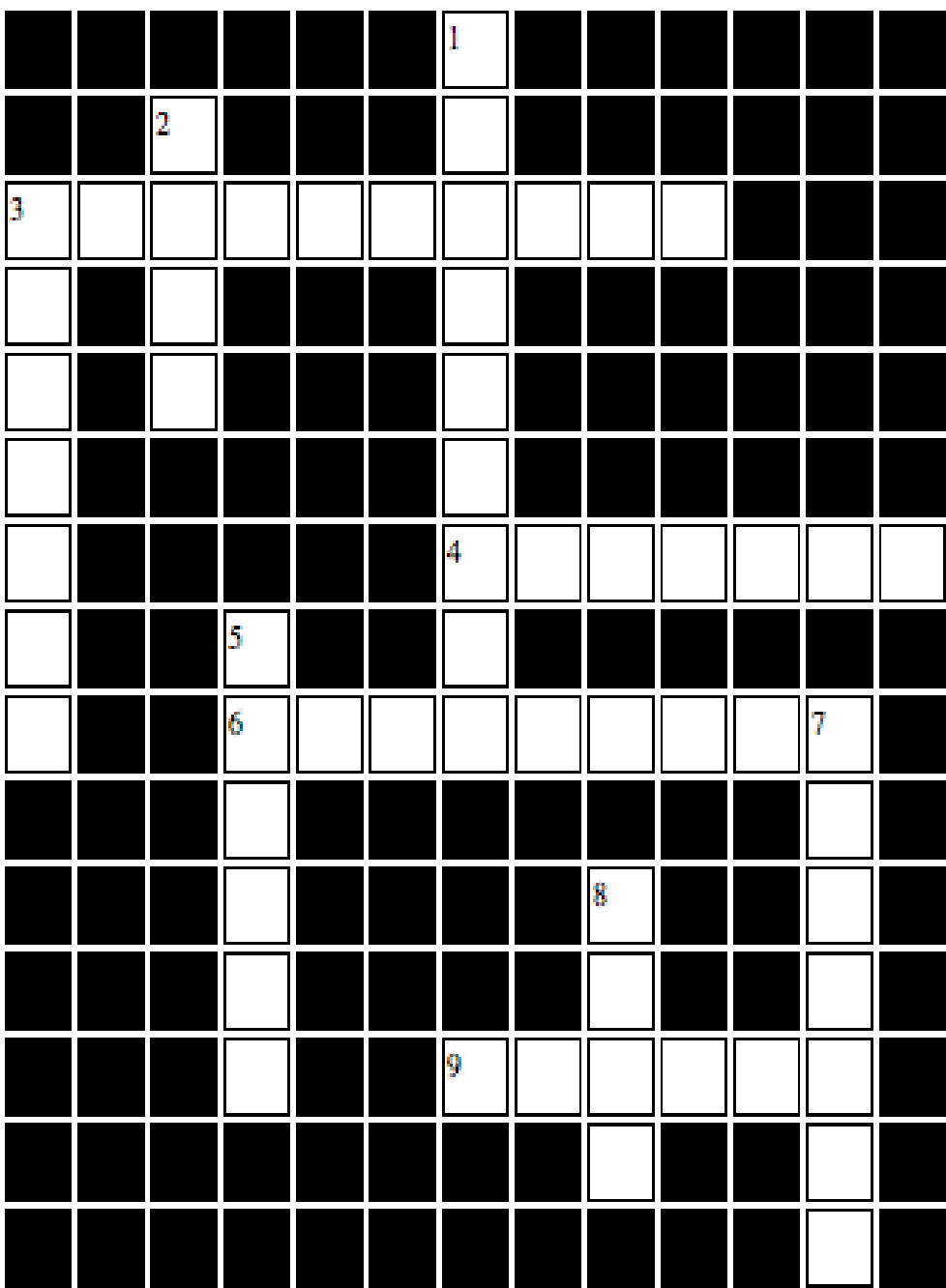
Dear Driving Sober-

This is a serious issue. You need to sit your friend down while he is sober and let him know how serious his actions are. If he still continues to drink and drive, you may have to distance yourself from the friendship.
All the best,
Shelby

Crossword Answer Key

- Across
- Down
1. Teachworth
2. Palm
3. Tellers
4. Hubbard
5. Atwell
6. Tenenbaum
7. Mandock
8. Zink

Compare your answers with your friends!



Crossword Puzzle-Teacher Edition

The wait is over, *Hi-Tide*’s world famous crossword puzzles are back! The theme this time is “teachers.” Every answer is a teacher’s last name, so simply write your answer into the boxes that correspond with the number (do not include apostrophes). Good luck!

- By Jordan Linsky**
Staff Writer
- Down**
1. Which teacher served in the Navy?
2. Which one of LJHS’s staff members knows nearly everything about The Beatles?
3. Which teacher is known for keeping his history classes interesting with wild stories (and for coaching badminton)?
5. Which teacher has run 100 miles?
7. Which teacher is known for dressing up crazily on Halloween?
8. Which La Jolla teacher was a senior at age sixteen?

- Across**
3. Who is the teacher that announces at track meets?
4. Which LJHS teacher broke into Bob Dylan’s house at Woodstock?
6. Who is the teacher that can be found working in the school garden?
9. Which Spanish teacher can speak a total of five languages?

The answers are in the bottom left corner of the page

You Know You are From La Jolla High When...

By Laura Derickson & Zoe Hildenbrand
Staff Writers

You tell people you’re “indie” because you buy things from Urban Outfitters

You wear Uggs in 75 degree weather

You own more bathing suits than pairs of underwear

You have experienced at least one earthquake, and immediately made a Facebook status after to share

You like that you live on a street with a Spanish name because it makes you feel racially diverse

You know not to touch the school cat’s belly because it will bite you

Lunch ends when the seagulls start circling, not when the bell rings

You can see the ocean from your English classroom

You know where Dr. Seuss’s house is

You own at least two items of clothing from Mitch’s Surf Shop

You need daily grade updates

First period starting time is dependent on the surf

You start college applications sophomore year

You’re never surprised when you find decapitated barbies

GOODBYE TWENTY ELEVEN...

The Origin of New Years

By Spyke Schumacher
Staff Writer

New Year's resolutions are not just a modern day excuse for people to inhale snacks and skip the gym with the promise that next year they will go on a diet. In fact, the tradition dates all the way back to 153 B.C., when Janus, the mythical god of new beginnings, ending, doorways, and time, was selected by the Romans to represent the first month of the year. The Romans began the year by making promises to Janus, just as the Babylonians prayed for the return of borrowed objects and payment of their debts. Janus was also painted as a two-faced being; one side faces the previous year while the other has eyes on the future. Other cultures also have symbols for their coming year. The Chinese have a dragon to represent strength, kindness, and good luck for their new year. They even have a dragon dance, where several people are disguised under a large dragon, parading through the streets to ward off evil spirits. Other cultures throw large festivals, such as the Tibetan Losar, to celebrate. Americans, as many of us know, tend to kick off their new year with family, friends, and fireworks. Resolutions are promises to be better, work harder, or give more. But the real test of character comes in trying to keep them.

February Horoscope

Aries



March 21- April 19

Next month is your month, and after a long semester of studying, your report card will definitely reflect it! Warning: make sure you watch where you step while walking in the 500 building on the 20th of this month.

Taurus



April 20- May 20

It seems that all you want to do is study and go to clubs during lunch. Next month, go outside and enjoy the fresh February air with your friends! Warning: study extra hard for your math test next month!

Gemini



May 21- June 20

Next month you will do well on a test in your hardest class, and boost up your grade! Warning: stay away from the staircase in the 500 building on the 16th of next month.

Cancer



June 21- July 22

Although there is just one semester left of the year, all you want is summer. Make sure you do not stop studying though! Cancers are the most likely to make a careless mistake in one of their classes next month. Warning: do not use your phone in 4th period on the 14th.

Leo



July 23- August 22

As a Leo, you love to be the center of attention. Next month, you will get your wish, and the whole school will know who you are. Warning: stay awake through your entire history or social science class on the 9th.

Virgo



August 23- September 22

You may not have gotten the stellar grades that you wanted last semester, but do not worry because this semester is looking much better for you. With harder work, you will be happy at the end of the semester. Warning: do not wear anything that violates the dress code on the 27th next month!

Libra



September 23- October 22

Next month, you will be stressed to the max. With all of your classes in full swing, it will be hard to keep up, but you will succeed. Warning: do not procrastinate on your essay in English class next month!

Scorpio



October 23- November 21

As a Scorpio, you have no boundaries. It is your time to show everyone how able you really are. You will show brilliance to your classmates and teachers next month. Warning: do not rush to 3rd period next month-you may just find yourself on the ground.

Sagittarius



November 22- December 21

All you want to do is make a difference in the world. Next month, you will make an impact on your community by being an influential member of a club at school. Warning: do not sit out at the quad during lunch on the 7th. Be wary of the seagulls (target practice)!

Capricorn



December 22- January 19

You will have a secret admirer who is in your 2nd period class next month. If you are lucky, he/she may just show who he/she is-most likely a Gemini. Warning: make sure to walk with a friend to your 5th period class on the 21st of next month.

Aquarius



January 20- February 18

As an Aquarius, you tend to dance to the beat of your own drum. Next month, you will see how being unique and creative can be a good thing. Although you may not do as well as you hope to on tests, your creative nature will make any project amazing! Warning: do not sit under any tree during lunch next month!

Pisces



February 19- March 20

Although you may not be doing as well as you hoped for in some of your classes, you will be pleasantly surprised when you get your report card. Warning: watch out for that English test-make sure not to only read Sparknotes!

By Chance Miller
Staff Writer & Photographer

Student Resolutions

New Year's festivities have come to a close, along with the parties and fun experiences. But the New Year's resolutions, which several students have made this year, are only beginning to be worked toward.

Blair Liss is a sophomore who has exciting plans for 2012. She is currently striving to obtain her driver's license. Her parents will only pay for her insurance if she obtains a 3.0 GPA. Her new year's resolution is to not only obtain these grades, but also to prove her parents wrong about her study habits. To do this she said, "[she] will have to stop using [her] tumblr if [she] wants to get these grades." If she does not procrastinate, she will be on the road in no time.

Connor Lee is a senior who has a large interest in Slack lining. Slack lining takes the art of balance to a new level. By tying a slack line to the end of two trees, Connor and other Slack line enthusiasts can walk across the line and perform a variety of tricks. He says that his resolution is to learn a few specific techniques. "I want to be able to take a full-on nap on the rope, or carry my girlfriend in my arms across the entire rope," Lee said. He has been slack lining for years and is even doing his Senior Exhibition on the topic.

Jahan Tajran is a charismatic student who is resolving to make his family happy. He plans to do this by completing his chores and attending UCSD or UCLA. He also wishes to spend his last year of high school making the most of his school club, Children of the World. His club goes to an elementary school in El Cajon to help teach and play sports with children who are refugees from troubled areas of the world. By pursuing these goals he feels that he will make his parents proud. Tajran remarked, "They've always been kind to me, and I just want to return the favor."



Teacher Resolutions

By Sophia Sowers
Staff Writer

It is the beginning of a new year! For many this means a fresh start, new opportunities and of course- new resolutions. Many people make the typical New Year's resolutions of eating healthy, working out, and perhaps giving up sweets, but often times these vague pledges are not followed through and end up leaving them with a feeling of failure. The educated teachers of La Jolla High have been around long enough to see this pattern and have made more realistic goals this year.

Mr. Mika is an enthusiastic teacher who teaches multiple social sciences. Mr. Mika's New Year's resolution is "to try and find greater happiness in everything because there isn't enough time to be miserable about anything." He hopes that this year will bring greater joy and that the economy will prosper.

Mrs. Dill, who teaches AP Psychology and is an ASB advisor, is a big procrastinator. "It's a problem," she said with a laugh. That is why this year, Mrs. Dill has decided to be more disciplined. However, she said that she has never really followed through with her former New Year's resolutions so it is unlikely that this one will come to fruition either.

English teacher Mrs. Weien, has made it her commitment "to be more cheerful" this year. Mrs. Weien said that she thinks it would be great if there were a blanket resolution (all over the world) to have everyone be more considerate of each other. However, New Year's is not that big of a deal for Mrs. Weien because she thinks of the year revolving around school terms. In other words, the beginning of the school year in September is the beginning of a new year.



HELLO TWENTY TWELVE

Viking Scoreboard



Photo courtesy of Amanda Menas

Gabby Dubick, about to kick the ball down the field to her team at the U.C. game.

The Vikings, with the winter season coming to a close, have been constantly on their toes fighting their rivals this past week. With LJHS’s outstanding records in the past, the teams are hoping for victories to take them into CIF playoffs.

Goodbye Coach Bruce

By Paul Erne
Staff Writer

Tony Bruce is widely known through his players or from his appearance. Regardless, it is undeniable that he took La Jolla High Men’s Soccer to a new level.

He was born and raised in Glasgow, and developed a love for soccer at an early age like most young Scottish kids do. He began to bring his expertise over to America in 1982 when he attended California State University Northridge. After college, he began his career in coaching. Since then he has been coaching at Surf Soccer Club as the U18 Boy’s Academy coach, which is the highest level of soccer in California.

La Jolla Men’s soccer has been having difficulties winning over the past few years. Two years ago, for example, La Jolla had a team full of talented players, and had the potential to go far. Unfortunately, they did not even manage to reach the CIF playoffs.

It did not make sense that such a skilled group of individual players could not achieve any of their goals. The reason was simple, they were not able to play together as a team. The team lacked organization, tactics, and discipline. Something had to be done before another season went to waste.

Then came the 5 foot 6 Scotsman to the rescue in November of last year. His ideas and instructions were very clear, and made sense on paper. Pre-season was used as a time to get to know Tony, and more importantly, to know what he expects out of each and every player. La Jolla had their best season in decades. After 6 games, they were undefeated, beating the Saints and Cathedral along the way.

They ended up having a winning season, but not all of Tony’s goals were met. They still had CIF to think about, and after the kind of season they had, they were real contenders for the CIF champion-

ship. Tony’s ability to turn our individual players into a team got La Jolla a semi-final home game against rivals University City. La Jolla came up short, but they had a lot of support and were more than happy with the amazing season they had. La Jolla High School found what it needed for a successful soccer team: Tony Bruce. Not only was he knowledgeable about soccer, but also he knew how to handle the players.

Unfortunately the La Jolla High Men’s soccer team got some shocking news. Tony Bruce will not be the coach for the upcoming season. He was offered a job coaching at a college in Arizona, and has yet to officially take the job, however, no matter what his decision is, it is certain that he will no longer be the Varsity Men’s soccer coach. He will be missed by his players, friends, and colleagues. Good luck Tony and thank you for all that you’ve done for La Jolla High School.

Spring Tryout Dates

Remember your clearance cards

A minimum GPA of 2.0 is required for participation in any sport.

Boys Tennis

There will be a pre-season meeting for interested players Thursday, February 2 at 2:30 p.m. on the tennis courts.

Monday February 20, Open tryouts 2-4 p.m.

Tuesday is invite only tryouts from Coach Previdi (mprevidi@gmail.com)

Track

Saturday, February 18 at Gene Edwards Stadium (LJHS Football Field)

Boys Lacrosse

Monday, February 20 at Gene Edwards Stadium

Girls Lacrosse

Tuesday, February 21 at Gene Edwards Stadium

Baseball

Bring a t-shirt, baseball/sweat pants, cleats and tennis shoes, hat, glove, and bat.

Saturday, February 18 Varsity 9 a.m.-11 p.m. AND 1-3 p.m., JV and Freshman 10:30 a.m.-1 p.m.

Monday, February 20 at Ronnie Spelman field(Muirlands MS)

Softball

Saturday, February 18 at 10 a.m. at the softball field. All students are encouraged to try out regardless of experience

Swim

Tuesday, February 21 at Coggan Complex

Badmitton

February, official date to be determined

Vikings vs. University City

Boys Varsity Basketball, Tuesday January 17: Loss 47:45

Girls Varsity Basketball, Tuesday January 17: Win 38:34

Boys Varsity Wrestling, Wednesday January 18: Loss 36:34

Vikings vs. Dana Hill

Girls Varsity Water Polo, Wednesday January 18: Win 10:9

Vikings vs. Scripps Ranch

Girls Varsity Soccer, Thursday January 19: Tie 2:2

SCHEDULE FOR:

Friday, February 20

Girls Waterpolo- AFC

Two day tournament

Boys Varsity Soccer- 3 p.m.

Girls Varsity Basketball- 6 p.m.

Boys Varsity Basketball- 7:30 p.m.

THESE WRESTLERS HAD AN AMAZING SEASON

106: Everett Roach

126: Steven Andrews

132: Jose Dorantes

138: Harry Wilson

145: Peter Donchev

152: Tim Cundiff

160: Matt Vasquez

171: Ben Abramawitz

182: Eric Gomez

Athletic Lingo

Terminology that will help you understand the sports you watch

By Ashley Westhem

Staff Writer

- Basketball
- BRICK- a forceful shot that careens off the backboard (a bad shot)
- BOARD- an offensive or defensive rebound.
- Dish- a pass that results in a made basket; an assist (not a plate of food).
- DOWNTOWN- refers to a shot taken far behind the 3-point line.
- PAINT- free-throw lane, also called the key; so named because it is usually a different color
- ROCK- the basketball

- SOCCER
- 12TH MAN- fans present at a match who make a lot of noise, acting as supporting players.
- ADVANTAGE- referee does not call a foul because it would not benefit the fouled team(also applies in other sports)
- BEND- a skillful kick that applies spin to the ball
- CLEAN SHEET- a goalie does not allow a goal past him in an entire game
- DERBY- a match between two, usually local rivals
- GHOST GOAL- the ball crosses the goal line but a goal is not rewarded; the ball does not quite pass the goal line, but a goal is rewarded (the referee can determine a game here)
- NUTMEG- when a player passes the ball between the opponent’s legs to himself

- WATER POLO
- BUNNY- a goal scored off a “power shot” that comes close to the goalie’s head (these athletes are far more aggressive than bunnies though)
- DONUT- goal scored over the goalie’s outstretched hands (also referred to as other foods that water polo players would never eat during season)
- EGG-BEATER- another term for treading water
- HOLE- position directly in front of the goal
- POWER SHOT- an outside water shot that propels the body out of the water to better shoot the ball
- RED- warning shouted at teammates that only 10 seconds remain on the shot clock

- WRESTLING
- DAYLIGHT- distand between two opponents
- LIMP ARM- a move to release an opponent’s “whizzer”
- MOTION- moving in a circular direction in the “neutral” position
- NEUTRAL- both opponents face each other with neither having control
- WHIZZER- hands and forearms are hooked over the opponent’s upper arm

Track or Die LJHS Takes Over Yale

By Rachel Carroll and Karina Bistrong
Staff Writers

It is never too early to get ready for any sport, including track and field, one of the many spring sports at La Jolla High School. Consisting of several different events that the individual chooses, there will always be an event that anyone can compete in depending on what he likes. LJHS has a vigorous track and field program for both boys and girls. Right now, the coaches are looking for new athletes to contribute to the success that the team is expected to have.

In track and field, there are over 15 different events to compete in. If running short distance is easy, then track is for you. If running long distance is fun, then track is for you. Even if you don't like to run at all, track is for you. Track events include the 100-meter dash, 200-meter dash, 400-meter sprint, 800-meter race, 1600 meter run, and 3200 meter run. If running in an individual event is out of the question, then you can run on a relay team. But that's not all. There is the option to run the 100-meter hurdles and the 300-meter hurdles. For those that do not want to run, there is the long jump, triple jump, high jump, pole vault, shot put, and discus.

Track is also a great way to cross-train for other sports such as football or basketball. Junior Victor Lee is part of the boy's track team, running both the 110-meter hurdles and 300-meter hurdles. "I would encourage people to do track if they want to get better for other sports," Lee said.

One of the great things about track and field is that you have the opportunity to try new events. Many of the athletes did not know what they would be good at until they experimented. Sophomore Jane Andrews said that her favorite part was exercising with her teammates and that she encourages others to "not be afraid to try new events because you don't know what you will be good at"

La Jolla track and field has been fortunate to have an Olympic gold medalist help coach the successful team. Joaquim Cruz won an Olympic gold medal in the 1984 summer Olympics for the 800 meter run. He is only one of four men to run the 800 meter in less than one minute and 42 seconds.

La Jolla track and field is open to anyone. If you like other sports, then this is a great way to stay in shape. If you have never played another sport, then you are sure to find a track and field event that you like.

By Katie Allen
Staff Writer

It is no small feat being a La Jolla High School student, for the school is recognized as one of the best in the district in both test scores and community outreach. Colleges know of LJHS by name and expect its graduating seniors to become dignified and active members



Maddie Sharp playing field hockey

in society. While many students will realize this goal, a select few will go far beyond the call of duty.

Take Maddy Sharp and Nihal Kayali for instance. Both women are members of the graduating class of 2009, and both attend Yale University. The girls are now the captains of different sports at this esteemed school. Sharp is next season's captain for the field hockey team, while Kayali will be cross-country captain.

In a recent *La Jolla Light* Article, both Sharp and Kayali were interviewed about how they were taking the news. Both girls are extremely proud

of their new positions. Kayali was an avid soccer player throughout elementary and middle school and fell in love with cross-country. "My brother ran cross country and track in high school and my dad also had done track through college, so when high school rolled around for me, I tried my hand at competitive running as well," said Kayali. "I really loved it and had a knack for it so I decided to pursue it more seriously in high school and college." Kayali was the cross-country captain at LJHS with three other teammates, as well as the Varsity women's soccer captain for two years. She began contacting coaches the summer in between junior and senior year. "I contacted coaches of various schools and gave them my track and cross country times from high school. I continued to communicate with schools that were interested in me until I narrowed my choices down to Yale."

However, Kayali does have some words of advice on how tough the training for a college sport is compared to a high school sport. "While high school sports are great preparation for college sports, the commitment required--both psychological and physical--is substantially more demanding in college. Bottom line is that the training is definitely more taxing." She explained.



Photos courtesy of La Jolla Light
Nihal Kayali at Yale as future captain

Kayali is thoroughly committed to the sport as well as her fellow runners. "Everyone on our team trains hard and dedicates inordinate amounts of time to the team. I definitely dedicated a lot of time to both training and really becoming close with all the members of my team on a personal level. I was lucky enough to be elected by my teammates when the time for captain elections came this year!"

Both Sharp and Kayali are outstanding women that have worked hard for their goals and dreams, and are the epitome of the LJHS mentality. But while being studious is important, Kayali adds one last tidbit of advice: Have fun! "Don't forget to enjoy the thrill of running fast!" So whatever it is you enjoy doing, whether it be a sport, an art, or a hobby, remember to always do what you love, and love what you do.

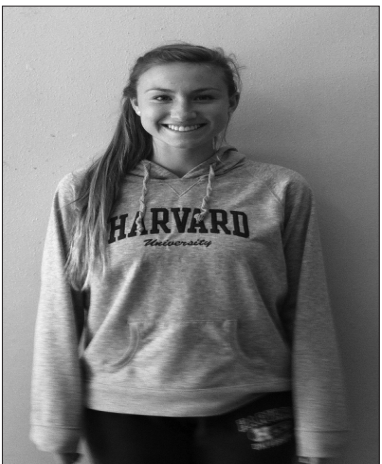
SENIOR STANDOUT ATHLETES

By Mia Kelliher Staff Writer

Playing on a varsity high school team is more than just playing the sport. As a senior, playing throughout most of high school, there are a lot of memories, good or bad, and friendships that are made. Heading off to college soon, seniors reminisce on their last year of playing high school sports. These standout athletes have inspired many on and off the fields. They will be missed by their teammates when they leave, but the new traditions they have made the past four years will be remembered.



Randy Taing, on varsity badminton, enjoys playing for both fun and competition. He has been playing since he was in eighth grade and became involved after seeing his brother play. He enjoys the team the most and how fun it is to play as well as having Mr. Tellers as the coach. "I will miss not competing in the tournaments anymore," said Taing. Other than playing for the high school team he plays for fun at the recreational center. "I will most likely play for a rec league and depending on if the college has a team I will continue."



Ever since she was five-years-old, Ellen Latta has been playing soccer. "I was bad at first, but then I got really into trying hard and getting better." Now she is playing on the varsity girls' soccer team. Latta likes the competition that comes with the sport and playing against hard teams. Playing for the high school team and having all the support is also what makes the sport memorable. "I will miss the camaraderie of playing for high school." She also enjoys the school spirit that comes with playing a high school sport. Latta has also been playing on Albion, a soccer club outside of high school, for ten years. She plans on continuing to play soccer in college and has some colleges already in her sights.

Aubrey Sloan, who has been playing lacrosse since seventh grade is on the girls' varsity lacrosse team. "I decided to play a sport to stay active and during that season it was lacrosse." She enjoys the sport as well as the team. She will miss the team when she goes off to college and will be sad to leave all the underclassmen that she has become close with. "I like how it is a team sport, and we have to work together and everyone will be involved," Sloan said. Although she does not play outside of the high school team, Sloan will play once in a while. When she heads to college, she does not plan on playing on a varsity team, but might join a club team.



Kevin Cruz first tried out for basketball because his dad, who played when he was younger, encouraged him to play. He has been playing for about five years and is now on the men's varsity team. His favorite part of playing high school basketball is having a team to support each other, playing games, and competing. He likes that basketball is a team effort. "I will miss the players, especially the juniors who have made it a good team," said Cruz. During the summer he played in Brazil and plays in a year round club for the La Jolla High School basketball team. He will most likely play intramural basketball during college. If he gets recruited by a college for the sport he will continue to play.



Photos courtesy of Taylor Morhardt

Back to the Home Front



By Skylar Economy
Staff Writer

Have you ever wondered how life was as a teen living in La Jolla during World War II?

The La Jolla Historical Society is showcasing the "Home Front La Jolla" exhibit through photographs, true stories through the eyes of those who lived back in the day, and unique artifacts of the time.

From now until May 27, you can experience the culture and rich history of La Jolla during that troubling time of war.

A few of La Jolla High students helped bring the exhibit together to make it the best it could possibly be. Last year, halfway through the second semester, current students started interviewing La Jolla High alumni who were students during the war.

"We recorded them on a tape

recorder with each [interview] being about an hour long. Then the supervisor made me make copies of the interviews on CDs, listen to them, pick out the parts I found interesting, write down the times, make a quick summary of those parts, and send them back to the supervisor to be recorded officially," said senior Tracy Warren.

Although the process was meticulous, it was all worth it. San Diegans are now flocking to see the exhibit to learn about how life for their parents and grandparents were in America when they were their age.

"I found it interesting how different things were back when the people we interviewed were our age. I really enjoyed hearing the stories about our hometown a long time ago," said senior Aubrey Sloan.

The students worked on this exhibit every weekend for about two months, trying to perfect it.

"My favorite part was the old stories of how La Jolla used to be. It was pretty much empty back then, like Bird Rock used to just be a bunch of strawberry fields," Warren noted.

The exhibit will transport visitors back to a time when Windansea was the "black neighborhood," Mount Soladad was the "white neighborhood," Bird Rock was merely strawberry fields with Japanese field workers, and La Jolla High School students wore uniforms.

Admission is free Thursdays through Sundays, so why not go learn about La Jolla's history?

This is a unique experience that should not be passed up.

LGBT history to be taught in schools

By Claire Brown
Staff Writer & Photographer

California Governor Jerry Brown has just approved a new state bill authored by Senator Mark Leno of San Francisco.

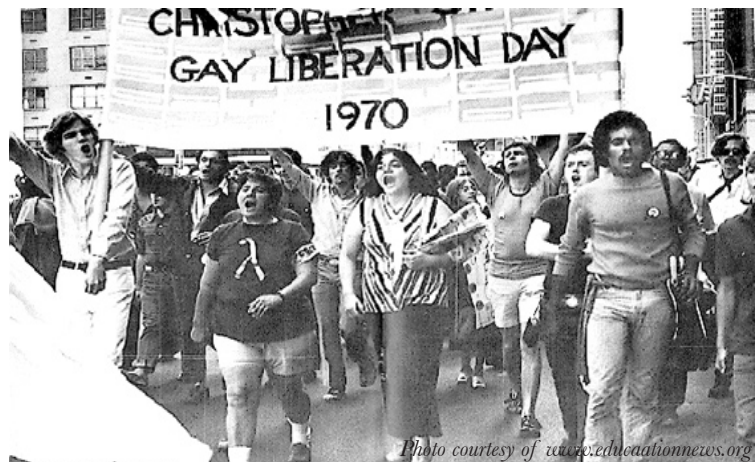
The bill, the first of its kind in the nation, guarantees LGBT (lesbian, gay, bisexual, and transgender) history to be represented in public school textbooks.

The idea behind the law is not entirely new, as the state

of the history department here at La Jolla High, feels that the bill is just. "Its no different than teaching feminism as part of our curriculum" he explained.

Not everyone feels the same, however. The Traditional Values Coalition, a conservative Christian organization representing upwards of forty thousand churches around the nation, calls the bill an "outrage," and some La Jolla High School students feel the same.

Others support the bill, such



Gay rights have greatly expanded since the 1970s.

and federal governments have been mandating that textbooks include the history of the United States' ethnic minorities, such as Mexican-Americans, African-Americans and Native Americans.

While the bill goes into effect in January, there may be no visible changes in textbooks until 2015. Much of our current student population will have graduated by the time the changes are implemented.

Opinions still differ greatly on the subject, on both national and local levels.

Mr. Mika, a faculty member

as sophomore Bella Spies. "Gays are people too. With don't ask, don't tell abolished, it is about time" she said, referencing the recent acceptance of openly gay members in the United States Military.

Though the bill faced much opposition, it has successfully been signed into law and will be included in textbooks in the coming years.

If you do not agree with the legislation, the Traditional Values Coalition suggests a simple but effective course of action: removing students from public learning institutions all together.



OUT OF BUSINESS

By Sarah Devermann
News Editor

After years of La Jolla High students enjoying Bruegger's Bagels as an afternoon snack or a half day lunch, the popular bakery located next to Starbucks and Froglanders shut down.

Bruegger's Bakery is a chain of about 300 restaurants serving bagels and coffee.

The popular La Jolla location closed unexpectedly this past month.

Different rumors are spreading of why the bakery suddenly went out of business.

Bad reviews on the internet and the growing popularity of the new Panera bakery in La Jolla are a few of the speculations.

While students speculate why the bakery closed, one thing is certain: Busy Bees Bakery is busier than ever.

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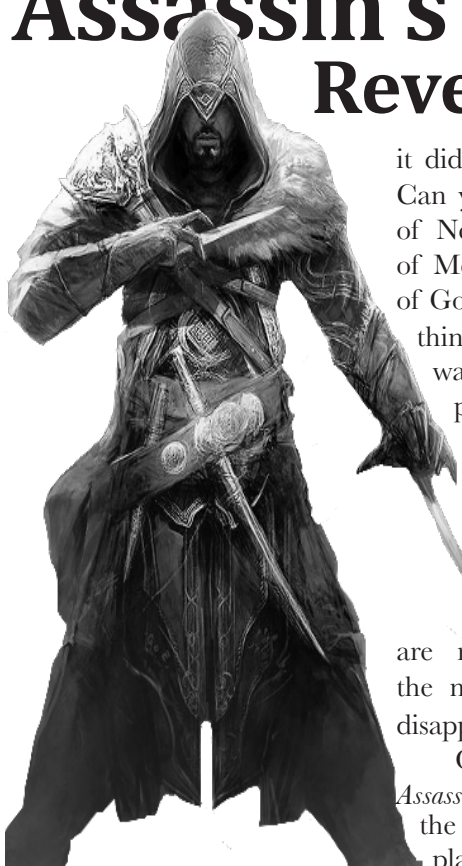
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GAME REVIEW

Assassin's Creed: Revelations



By Chase Berry
Staff Writer

At last, another masterpiece has been added to the amazing *Assassin's Creed* franchise, although this is not the greatest of the series.

This is the end of the road for main characters, Ezio Auditore da Firenze and Altair. In general, the game is enjoyable to play, despite a few flaws.

One flaw of the game is that

it did not take place in Italy. Can you take Spiderman out of New York, Superman out of Metropolis, or Batman out of Gotham City? It is the same thing with *Revelations*. Ezio was taken out of Italy and put into sixteenth century Constantinople.

Some other flaws are that the tower defense is more of a chore than a pleasure, and the Desmond areas are rather boring. Overall, the main story line is a bit disappointing.

One positive aspect of *Assassin's Creed: Revelations* is the movement and game play that keeps platforming enjoyable. Another perk is the emotional ending. The scenery and free roam of sixteenth century Constantinople is gorgeous, and an exceptional soundtrack really adds to the poignant mood of the game. Altair has become a playable character again.

This game is worth an 8/10. The graphics are great, exploring the bustling city is amazing, and the ending answers many questions about the franchise's history.

For the past eight or nine years, La Jolla High School has been involved in an annual

community-wide talent show and general creative panel.

Stars in Our Eyes includes many schools, from LJHS to the Preuss School, La Jolla Country Day, and Bishops, and has future star hopefuls showcasing their imagination and skill.

Put on in part by the La Jolla Rotary Club, this melting pot of genius and flair aids students in getting scholarships.

Lending a hand to the participants are Mrs. Henderson and Mrs. Boutelle, who are both Visual and Performing Arts teachers at La Jolla High School.

"It doesn't give money to everyone; it is to help raise the scholarship money," said Mrs. Boutelle.

All students participating have a chance to win scholarship money. Students in the show are encouraged to show off whatever talent they have including singing, dancing, acting, and athletics. There are quite a few group performances as well.

Senior Olivia Boyce said she will be singing "Someone Like You" by Adele, with accompaniment on the piano from another student.



Stars in Our Eyes

A night of creativity, showmanship, and fun

What can students expect from this year's show?

"Every school does a big number, and ours will be 'Summer Nights' from the show *Grease*, our upcoming musical," explained Boutelle.

In addition to La Jolla area kids competing with each other in the auditorium, there will be a pottery, photography, woodshop, and art exhibit in the cafeteria.

Last year Shauna Jellison was the art winner. She won for her painting of a musician.

"It's a celebration of

the arts," Boutelle noted.

Stars in Our Eyes is sure to be a fun, exciting night filled with acts and art. LJHS students can get their ticket for \$10, and adults for \$25.

The event is **7 p.m.** on **January 27** at **Parker Auditorium**. Everyone can come out to support his or her peers and classmates and enjoy a night of visionary art.

By Katie Allen
Staff Writer

Photo courtesy of www.torreytimes.ljcds.org

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The Piano Man



Photo courtesy of Claire Brown

By Chance Rhome
Staff Writer

Senior Tyler Knapp began playing the piano at age six, when he joined a music class at his elementary school. Since then, he has continuously taken lessons.

"I kept playing during my middle school years because my plan was to go to a conservatory...when I found

out that wasn't what I wanted, I decided to do it just for fun," Knapp said.

For someone who only plays for fun, Knapp puts a lot of effort into it. He practices for ten hours a week, during which he sight reads and works on perfecting classical songs. Knapp is inspired by musician George Gershwin.

"I remember when I was younger I always wanted to

play his 'Rhapsody in Blue.'"

Gershwin was an early 20th century composer and pianist, and "Rhapsody in Blue" is one of his most famous compositions.

Knapp plays on his own time, but has also given lessons to members of the San Diego Youth Symphony and other musical groups.

"It's kept me busy. [While teaching] I had to come home

at nine each night."

This school year, Knapp has returned to participate in La Jolla High School's band, which practices every school day during fifth period. He also plays Tuesdays and Thursdays after school.

Knapp can be found on stage at school events as well as behind the piano for every Madrigals and choir performance. He will take

part in this year's talent show, accompanying various solo performers onstage.

While Knapp has decided not to pursue a professional career in music, he will continue to play the piano as a hobby in the future. Summing up his experience playing the piano, he said, "It's a great way to meet others. Just through playing with people, you connect with [them]."

Anonymously Yours

"You will find your answers in the secrets of strangers."

-Frank Warren

By Emma Scott & Ben Allen
Staff Writers

Many people have never heard of Frank Warren. He is a seemingly average man, a small business owner with a wife and daughter in Maryland. Yet his average house receives the most outrageous daily mail: thousands of postcards, each one anonymous and adorned with heartfelt secrets.

The PostSecret project started as an experiment on Blogspot, where Warren posted ten new secrets every Sunday that he had received in the mail the week before.

There are no restrictions on the

content of the cards-- secrets range from embarrassing childhood stories to criminal offenses, sexual mishaps to incredible stories of hardship and sorrow. Yet they all share a similar message. They are inspirational to the people who read them and cathartic to those who write them.

In an anonymous world of secrets, the people of the PostSecret community are reminded that they are not alone.

Since October 2004, Warren has received more than 50,000 handmade postcards, which have been featured in his four books, art galleries, and traveling gallery that visits museums all over the world.

His blog has over three million visitors a month, and has been ranked the third most popular blog on the web by *New York Magazine*.



Photo courtesy of www.iheartlaughing.blogspot.com

An example of a PostSecret confession

PostSecret and LJHS

The PostSecret project now comes to La Jolla High School and challenges you to share your anonymous secrets with the entire student population, teachers, and faculty. We invite you to participate in a school social art experiment by submitting your secrets to room 501 (Mr. Essex's room) to be compiled by the

LJHS Journalism staff, and subsequently revealed in the Student Focus section of the February issue of *Hi-Tide*.

Need inspiration? Visit www.postsecret.com or ask Mr. Essex to see the PostSecret book. It is Warren's second book, *My Secret*, and includes postcards specifically created by teens and college students.

Steps:

1 Make a 5x7 postcard (blank ones will be available in room 501, while supplies last).

2 Tell your secret. It can be about anything--fear, betrayal, desire, confession--as long as it is anonymous and true.

3 Be creative! Your postcard is your canvas. Decorate it with pictures, drawings, doodles, scraps... anything that makes your card expressive.

4 Drop it in the Post Secret box in room 501, by the door.

5 Wait to see if it appears in print, in February.

Questions, comments, concerns? Email Emma Scott and Ben Allen at ljhspostsecret@gmail.com