

Hi-Tide

Volume LXXVVIII Issue 5 - February 24, 2012

Celebrating La Jolla High's 90th Year

Here to stay



page 10

SDUSD Budget Crisis in Full Swing

By Alex McMahon
Staff Writer

For years, the California school system's budget crisis has loomed over our heads. People have become almost numb to the continual stream of fiscally fueled threats. However, the San Diego Unified School District's new \$124 billion in cuts are becoming all-too unavoidable.

"The money has truly gone down, and this year might be the year that we lose teachers for real," Mr. Shelburne said.

The San Diego Education

Association, or teachers union, is skeptical of the 1,169 layoff notices projected to be issued in March because the District rescinded over 90 percent of those issued last March.

Had the union not forgone salary increases and accepted furlough days in previous years, however, the District would have followed through with the layoff notices. The union's sacrifices came under the condition that they be compensated for them by the 2012-13 school year.

In order to offset the budget cuts, the District is asking the

teachers union to postpone the fulfillment of their earlier deal, which included a 7 percent salary increase. This suspension of the contract, along with additional requested concessions, would account for a substantial reduction in pay for teachers.

If the 1,169 layoff notices were not rescinded, there would be dire consequences. At La Jolla High School, that means two classified employees (non-teaching staff members) would be laid off, three of them would have their hours reduced, two teachers who are leaving by choice will not be

replaced, and eight teachers will be laid off.

"Without the concessions at the present moment we will lose (this) number of people, and all those who remain will teach five days longer and get that salary and they'll get the 7 percent increase," Mr. Shelburne said,

"Class sizes will go up. The distribution of the teachers who are impacted is such that not any one department is losing six teachers. Right now, we don't have to cancel any programs, but class sizes will be in the 40s."

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Photo courtesy of www.google.com

Featured: The USS Midway, this year's venue for the ASB Scarlet and Black Ball.

90 Years of Scarlet and Black

By Charlotte Hathaway
Staff Writer

Talk of the ASB Ball has been flooding the halls for weeks. With only one more day until the big night, students are getting amped up for the amazing venue, music, and food.

Every year, the Associated Student Body adds a new, exciting flare to the long tradition of the school dance. This year the 90th annual Scarlet and Black Ball will be held on the USS Midway tomorrow, February 25 from 8:00 to 11:00 p.m.. The venue, the USS Midway, is not only one of San Diego's hottest tourist spots, but it will now become the La Jolla High School student body's personal dance

floor.

The Midway, an inactive aircraft carrier of the United States Navy, is currently used as a museum at the San Diego Aircraft Carrier Museum.

In addition to the venue, ASB has put together never-before-seen decorations that will make this dance one to remember. Historic planes and jets will be everywhere. There will be a dance floor, DJ, and two flight simulators open for everyone to ride for free on the interior of the middle deck. Outside n the top deck, old-fashioned music (including that of Frank Sinatra) will be playing. Many more surprises are also in store!

All La Jolla High School students and their guests are

invited to attend. There is a mandatory formal dress code: ladies must wear a formal dress appropriate for a school dance and gentleman must wear a suit, tuxedo, or sport coat along with either a tie or bow-tie.

The same rules and guidelines applied at school will be enforced during the dance. All students must have some form of I.D. to get into the dance. For students who are driving, street parking will be available for free.

Most importantly, do not forget to have fun; that is what tomorrow night is all about!

For more information on the history of the Midway see page 4

ASB Update

Hello Vikings,

First off, on March 2, Freshman David Shultz will be DJing on the quad. David is a talented kid with his own mixing console and speakers. His passion for music and performance makes for an exciting scene, so make sure to stop by.

Do you have a desire to perform like David? Come by ASB to discuss performing on a Friday at lunch; we would love to have you!

Calling all filmmakers: ASB is hosting a new event on campus and is looking for students interested in film-making to participate. Those who partake will make a short film that we will show at an event in the

coming months. Look for publicity and details on the event in the near future.

It's 2012 and the world is going to end! But not until after March 29, when Airband hits the LJHS auditorium. This "end of the world" themed event will be an exciting one.

Get involved with your class and attend upcoming class meetings! If anybody is interested in hosting the event please contact Rep. at Large Luna Ispizua or come by the ASB room.

ASB wishes you the best at the dance tomorrow. We hope you enjoy yourself!

Erik Vanstrum
ASB President

The La Jolla High School

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The Human Cost of For-Profit Colleges

By Erica Eisen

Senior Contributor

For most seniors at La Jolla High, the summer after senior year means packing everything up and moving onto the campus of a university. Many of this year’s class will be leaving the state, or even the country, to pursue their education.

Yet for some, a college education may prove difficult for any number of reasons—price, home situation, grades, and many other factors may stand in the way.

For-profit universities, schools like University of Phoenix, ITT Tech, and Kaplan College, have risen as a much-touted solution to this problem. Run like corporations, these colleges seek to attract those who see themselves as being left out by the traditional model of college education, especially immigrants, adults looking to go back to school, and soldiers returning from war.

Yet behind their massive advertising campaigns, which La Jolla High students will undoubtedly have seen on TV and the internet, many of these schools are not what they would like you to think.

Though accredited, in the past few years these schools have garnered close scrutiny by the government due to numerous allegations of false advertising and abysmal success rates. In particular, many an-

gry graduates are saying that the degrees that they earned are next to worthless, leaving them saddled with massive debt but no prospects of a job.

An investigation by *Frontline*, a Pulitzer Prize-winning PBS documentary series, found that a for-profit nursing school in California offered no practical training to its students, allowing them to graduate without ever having interacted with a patient.

According to a study released as part of the Senate’s investigation into such schools, BA programs at for-profit schools can be almost three times the price of comparable programs at community colleges, and that 54% of students who enrolled in for-profit programs in 2008 and 2009 dropped out by 2010.

The study also found that students at for-profit colleges account for 50% of all defaults on student loans despite making up only 10% of all students enrolled in college. Yet these schools are aggressively targeting individuals who are the most in need.

Given these findings, it is curious that such schools should receive such rave reviews from the current Republican candidates.

Mitt Romney, for example, has endorsed Full Sail University, a for-profit college in Florida that boasts a 14% on-time graduation rate (and a

School Spirit: where did it go?

By Jessica Savage

Staff Writer

Many students are dragging their feet to school dances and student events, but who is to blame for this absence of excitement?

Sporting events, pep-rallies, dances, and other student-based events are supposed to be the height of our high school experiences. However, these events lately have been lacking enthusiasm.

When it comes to the dances, we cannot blame the venue because the ASB Ball is at the USS Midway. Sporting events are filled with action, the pep-rallies are packed with activities while also bringing the entire school together. Yet no one in these crowds is peppy.

The ASB is trying its best to bring back the spirit La Jolla High School once had. In response to the feeling of participation, Daniel Hamilton, ASB vice president, said, “I think it can be increased. In the past, we have shown a greater

amount of spirit and we definitely have the potential. And I know it will be increased.”

Spirit is a major factor in which “the time of our lives” has not quite reached its expectations. Junior Molly Ackerman agreed. “I think that student events would be a lot



38% overall graduation rate) for its \$81,000 video game design program, as a model of success and educational innovation, a revelation made less mystifying by the fact that the private equity firm in charge of the university donated \$40,000 to Romney’s super PAC, in addition to the \$45,000 that the university’s founder (who by sheer coincidence happens to be the co-chairman of Romney’s Florida fundraising team) donated, according to the *New York Times*. And Newt Gingrich announced that if elected, he would like to teach a course at either Kaplan College or the University of Phoenix, prompting questions into whether his plans are the results of anonymous campaign donations.

Like other advocates of for-profit education, these candidates assert that by allowing for-profit colleges to compete with traditional ones, they are intro-

ducing healthy competition that will drive tuition prices down while increasing the overall quality of education.

This is an assertion that flies in the face of both statistics and logic: the fact is that by and large, these schools cater to different groups of students.

Perhaps it is time for the Republican Party to realize that unbridled capitalism is not the answer to every question. The government needs to heavily regulate these schools and invest far more money in the overburdened community college system as a less expensive alternative.

In the meantime, high school counselors would do well to warn their students to stay away from these schools lest they be lured in by their glossy advertising campaigns and the politicians who parrot them.

“ I think it can be increased. In the past, we have shown a greater amount of spirit and we definitely have the potential. And I know it will be increased.”
-ASB vice president Daniel Hamilton

more fun if people had more school spirit because if we did, more people would go to the events and there would be a better vibe.”

The main problem is the attitude that the student body

basketball player, loves a good crowd. “The more [people] there are, the better it makes playing. Crowds get me super pumped up especially when they do crazy things or make rivalries, like with the Bishops fans.”

Students should be more concerned with enjoying the dances, yelling at the basketball games, cheering for their class at the pep rallies, and becoming a part of La Jolla High.

“At sporting events I would like more students showing, teacher’s incentives [extra-credit] and their attendance... to make our school a community,” Hamilton said.

Stop being so obsessed with the petty teenage drama and join in on the high school experience.

Do you really want to graduate after four years of high school and look back on all the things you did not do? You did not go, scream, and lose your voice at a game we won with one second to spare. You did not ever dress up for spirit days. You did not dance the night away while making a complete fool of yourself. You did not become a part of this community we call La Jolla High School.

Nature is coming

A Smell for Sore Noses



Photo Courtesy of www.permed.com

By Alex McMahon

Copy Editor

Spring is coming—the bees are buzzing, the birds are chirping, and the trees make people walking by gag. A student walks from the north end of the 500 building down to the 300 building. He walks by the financial office and starts a bit due to a pungent scent. In front of the office, he smells it again and cringes.

He begins to run with his head down and nose plugged by the time he is outside of the library. Once in the classroom, encumbered from repugnance, he is ready to vomit up the lunch he has yet to eat.

Five of these trees haunt students who have not learned where the poignant odor comes from: two in front of the library, two in front of the office, and one by the financial

office. They are *Pyrus calleryana*, blooming white around this time of year.

Whoever planned the trees' installment would never be expected to ask what they smell like. Some faculty or administrator must have noticed the stench by now, however, so why are the trees still standing?

The white flowers create a more scenic passing period, but the trees start to emit that foul musk at the same time they start to bloom. Each step nearer to the trees to enjoy their beauty yields increasingly repelling results. During odorless months, *Pyrus calleryana* is green and ordinary.

It is a question of the senses—pleasant sight for an unpleasant aroma? Or, the school can have both with *Magnolia virginiana*: white bloom, vanilla scent, and only \$44.95 on www.fast-growing-trees.com.

Athletes with Attitude

By Jordan Linsky

Staff Writer

Walking out on a field, athletes should be the first to agree that a positive attitude and uplifting mind set, no matter what the score of the game is, are essential parts of being a successful athlete and team member.

However, it is more likely to find players screaming and yelling at advisors in charge of games such as referees and umpires, unfairly taking out aggression on other players, and screaming and yelling at their own teammates.

Sportsmanship does not only apply to players on the opposing team. Officials who supervise the game are there for one reason: to make sure everyone is safe. If a few calls are viewed as “biased,” rather than screaming and yelling, get over it and continue playing the game. Changing an official's mind is highly unlikely and by showing aggression, the supervisor will be more provoked to make unfair calls.

Yes, sports are meant to be aggressive and competitive, but in a positive way. Ugly fouls, bad language, and poor

behavior towards the opposing teams are useless. Everyone steps onto the field for the game. People want to win and play their best. Trash talking is overrated and makes people look like hot-headed maniacs.

The most important aspect of being on a team is to constantly support one another. Sportsmanship needs to be shown among teammates by encouraging everyone and viewing everyone as an equal. Beating up, physically or verbally, members of an opposing team shows selfishness and a lack of any sportsmanship. A team is united and while facing unfair officials and irritating opposition, players in the same jersey should have each other's backs on and off the field.

Sportsmanship is defined by fairness, courtesy, and being a cheerful loser. Players cannot control everything that happens on the field, but they can control the way they act towards everyone else playing and viewing the game.

Being a positive competitor is always the best option and all La Jolla High School athletes should remember this as they put on their red and black jerseys.

Attention all LJHS drivers

(especially those who park on Rushville, Eads, or Draper)

By Hannah Rawdin

Copy Editor

We at the *Hi Tide* understand the excitement of getting drivers' licenses. All of your life you had been dreaming of the day when you could drive to and from school without an adult, blasting your radio and enjoying the wind through your hair with the windows down.

Now that that day has come, you simply cannot contain yourself. You speed through traffic, you turn the wrong way down one-way streets, you chauffeur your friends all around San Diego—but who cares if it's illegal; you can drive!

Having a license gives one a sense of freedom never experienced before. However, recently, LJHS students have frequently been abusing their driving privilege in a much unexpected way. They are committing the unspeakable sin of taking up multiple parking spots. The *Hi Tide* must protest.

Obviously, due to our school's stunning location, it is extremely expensive to acquire more land upon which to build a student parking lot. Therefore, all La Jolla High School students must park on the surrounding streets.

As all licensed students know, the problem is that it is nearly impossible to find a

space within three blocks of campus if you arrive any later than 7:00 a.m.. Forget doing your makeup or styling your hair at home—these activities must be delayed (until your post-parking, waiting-for-the-bell free time) if you wish to find a spot.

Lately, thanks to new, inexperienced drivers at LJHS, the parking dilemma has become an even bigger issue. The problem is simple—no one knows how to park—but the solution is complicated and unclear.

How can we veteran drivers teach the younger generation to correctly park their vehicles in just one spot? (something their \$300 driving instructors

We wish to give friendly pieces of advice to new drivers.

First of all, learn how to properly parallel park. It will make your life, and the lives of every driver you encounter, so much easier.

Secondly, get a good idea of how big your car really is. Yes, you might drive a giant SUV with three rows of seats, but chances are it does not require the fifteen feet of parking space you give it every morning to fit nicely next to the curb.

Third, don't be lazy. If you know you don't need that much room to pull out of a space, pull closer to the car in front of you, even if it means spending an extra thirty sec-



Photo Courtesy of Hi-Tide Staff

probably should have covered) How can we cement into their brains the great life lesson that you will never make friends if you take up other people's parking spots and consequently make them late to first period? Is there even any hope?

onds of turning your wheel and shifting gears to escape a tight squeeze. In these tough times, we, the jaded student drivers of La Jolla High School, must join together to end the tragic epidemic of horribly inexperienced parkers.

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Viking or Celebrity?

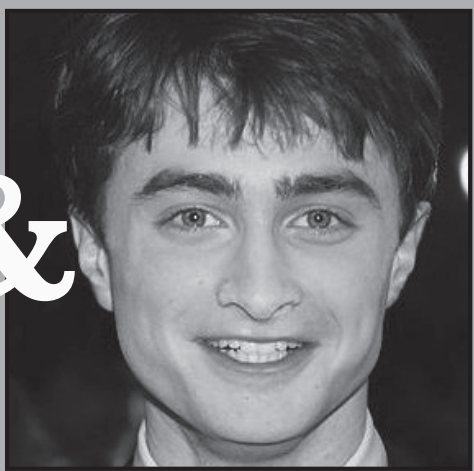
By **Hannah Rawdin**
Staff Writer

Remember “Doppelganger Week” on Facebook? Yep, that “week” that turned into months of not being able to recognize your friends’ profiles because they changed their default picture to a celebrity lookalike. Your friends probably spent hours carefully selecting their doppelganger photos in order to (somewhat) convince others that they resemble the rich and famous, but many were not fooled. In this issue of *Hi Tide*, we have selected some of the best celebrity lookalikes to walk the LJHS campus (including one teacher). Now you decide just how accurate these doppelgangers are!



Matt Costelloe
senior

Matt Barkley
USC quarterback




Zach Balmant
sophomore


Daniel Radcliffe
actor



Katrina Powell, junior
&
Kourtney Kardashian, reality star



Carter Simington, freshman
&
Angus T. Jones, actor





Katie Chapman, freshman
&
Rose Byrne, actress



Kevin Cruz
senior

Barack Obama
The President



Mrs. Dill
teacher

Jenna Fischer
actress

ASB on a Piece of History

Quick facts about the USS Midway, this year’s Scarlet and Black Ball Venue

By **Taylor Mohrhardt**
Staff Writer



Photo courtesy of www.google.com

After serving 47 years, she is currently afloat in the San Diego Harbor and serves as a museum.

The USS Midway was commissioned from 1945 to 1992.

The name was chosen to represent the victory for the Allied forces.

Her name comes from the battle of Midway fought in World War II on Midway Island in the Pacific Ocean.

The USS Midway is 1,001 feet long and weighs 70,000 tons; that’s bigger than the Titanic, which stood at 880 feet long.

When Mount Pinatubo erupted in the Philippines, the Midway served as a rescue ship to save American military victims and deliver supplies.

The Midway housed 4,500 men, which made feeding them a challenge because the chefs on board had to cook 13,000 meals per day!

She was part of Operation Sandy in 1947, in which she tested captured German rockets.

Not only did the ship have a huge crew, but an enormous cargo hold as well, which included 80 planes and 3 elevators that could hold 110,000 pounds each.

LJHS Alum Crashes the Superbowl

By Taylor Mohrhardt
Staff Writer



Photo courtesy of www.heraldextra.com

LJHS Alum Tyler Dixon is pictured above.

What a great Superbowl win for the Giants! Not only does the Superbowl have great football, but it has hilarious commercials as well.

Every year, the Doritos Crash the Superbowl Contest selects a winner for the best

commercial featuring Doritos products.

The contest offers a one million dollar prize for the winner, and Tyler Dixon, a La Jolla High School graduate of 1994, was up for the challenge.

He directed and edited his

own Doritos commercial for Superbowl XLV. His “Best Part” commercial, inspired by his love for the cheesy dust left over from the chips, featured a co-worker eating the cheesy residue from another co-worker’s fingers.

The top four commercials were played at the Superbowl a few weeks ago. This year, Dixon placed second for his 2012 commercial “Dog Park,” about two men at a dog park who offer Doritos to a dog instead of an actual dog treat. The dog trainers then noticed and tried to perform dog tricks in hopes of earning a Dorito.

First place winner, Kevin Wilson, walked away with the prize this year. His commercial featured a baby and a grandmother trying to steal Doritos from a young boy.

Remembering the 90’s

Let nostalgia hit you as the Hi-Tide reminisces about the memorable toys and T.V. shows of the nineties.



By Katie Allen
Staff Writer

In a recent *Vanity Fair* article, the author, Kurt Anderson, compared different decades and the changes that occurred in them that led to the evolution of following decades.

However, Mr. Anderson stated that very few changes had taken place since the 90’s other than those in technology. According to his article, no fashion, architecture, car, or music adaptations have been made.

Well, obviously this Mr. Anderson did not grow up in the 90’s because things have definitely not stayed the same.

First of all, who could forget Beanie Babies, little bean-filled sacks shaped like animals? (pictured below). As they grew in popularity, people began to collect them and special holiday animals were made available to the public.

Of course, there have always been toys that are gender specific. Nearly every boy had a

Buzz Lightyear action figure that would light up and even say its catch phrase “to infinity and beyond!”

Thomas the Tank Engine was also a huge hit mainly with little boys. One would own Thomas and some of his friends, or perhaps the villain Diesel.

Girls often played with Cabbage Patch Kids, Easy Bake Ovens (pictured below), and Tamagotchis. Of course Legos were, and still are, a very popular toy. Recently Pokémon has made a resurgence with card games and movies.

Movies that were made in the 90’s were hits and misses. Rated to be some of the worst movies made in the 90’s were *Anaconda*, *Teenage Mutant Ninja Turtles III* (yes, that is a three) and *Chasing Amy*.

But others have only gotten better with age and are still watched and loved today by viewers and critics. These movies include *Pulp Fiction*,

Reservoir Dogs, *The Big Lebowski*, *Edward Scissorhands* and *American Beauty*. Most of us probably did not see them in the 90’s because they were rated R.

TV shows were also a huge part of growing up. Some shows that LJHS students may remember, love, and secretly still watch are *Boy Meets World* (a young adolescent boy growing up, pictured above), *Full House* (a man raising his three daughters with the help of his buddies), *Rocket Power* (young kids who used to surf and skate), *Rugrats* (babies stole the show), *The Cosby Show*, *The Fresh Prince of Bel-Air*, *The Wild Thornberrys* and everyone’s favorite: *Spongebob Squarepants*.

While LJHS students take a trip down memory lane and enjoy the nostalgia of their childhoods, they should probably tell Kurt Anderson that the younger generation certainly thinks that the times have changed



Photos courtesy of www.google.com

Food Trends

By Jenny Shorenstein
Staff Writer

A trend is defined as what is currently in style. Trends are always changing! While most apply this term to fashion, the culinary world has their own trends this season as well. Check out what foods are in right now:

Luxury Chocolates

Some small luxury chocolate producers are selling their bars for no more than the price of a large bag of M&Ms, and with a whole lot more taste! Often, these all natural bars cater to more adult tastes, such as lavender, lemongrass, or french roast. Some crazy new flavor combinations include olive oil and sea salt. Try Chuao’s firecracker chocolate bar for a sample of this sweet new trend.

Bold Korean Flavor

The latest Asian cuisine craze to sweep the nation is Korean. The hearty yet spicy taste sets this fiery food apart from the rest, as Americans are starting to give in to their curiosity for the new flavors of exotic countries. But which dishes should you undertake? Try pickled cabbage or grilled cheese with kimchi, which can be found at Little Korea restaurant in La Jolla.

Seaweed is the New Potato Chip

Seaweed has been popular here on the West Coast for awhile, but now the trend can be seen taking off across the nation. Nori seaweed, sold in small, snack-sized packages, is perfect as a side for lunch instead of chips. The seaweed is baked, salted and flavored; they are much better for your health than greasy potato chips. Soccer moms and health nuts alike are packing this snack in their children’s lunch more and more. Nori seaweed, usually used to wrap sushi, was previously only eaten with rice. But since the discovery of a crisper, less salty version that could take the place of chips, adults and children alike have been reaching for it. They can be found in your local supermarket.

Gluten-free Gains Ground

This trend is a necessity for those who suffer from celiac, a disease in which a person is allergic to wheat gluten. The public’s intrigue in gluten-free foods has led to more tasty options for those with celiac. Gluten-free pastas, cereals, and flour are now easy to find at your everyday super market. Even name brands like Betty-Crocker, have come out with gluten-free versions of their own products.

LJHS PostSecrets

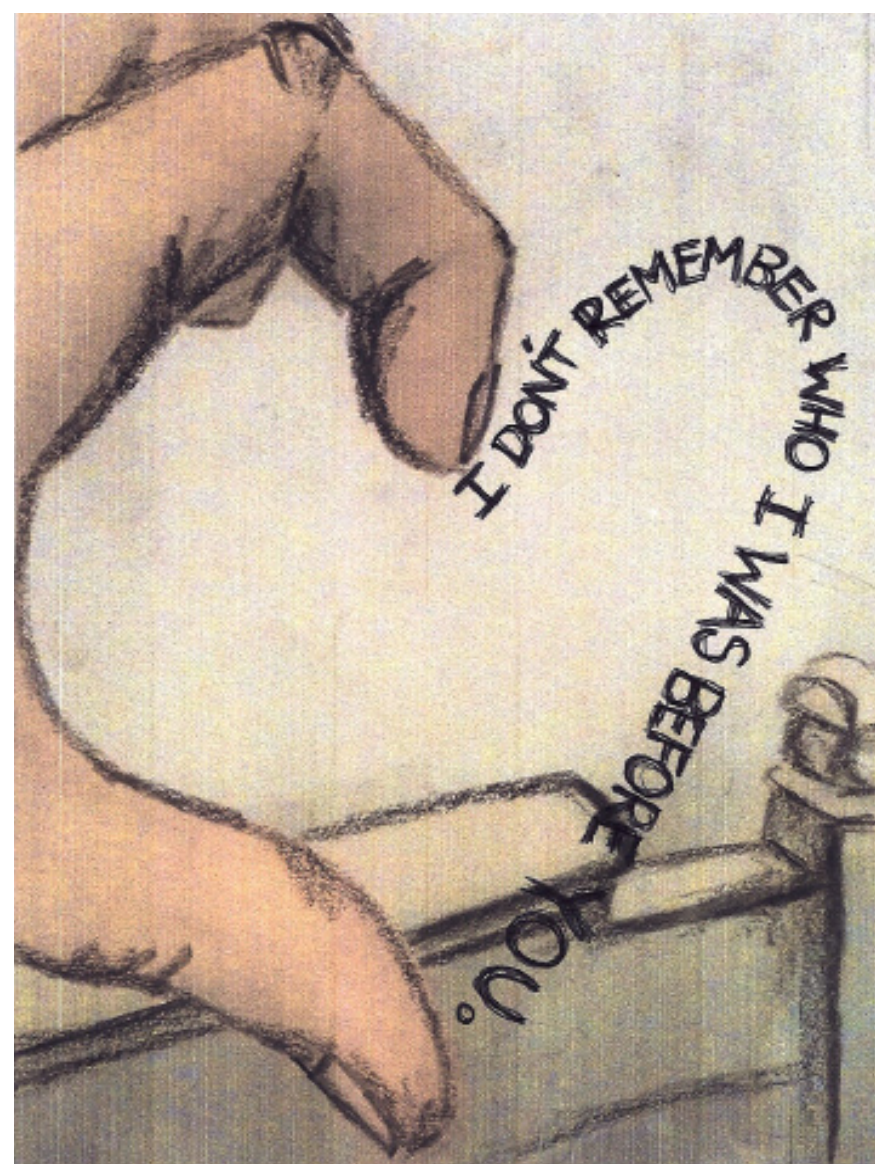
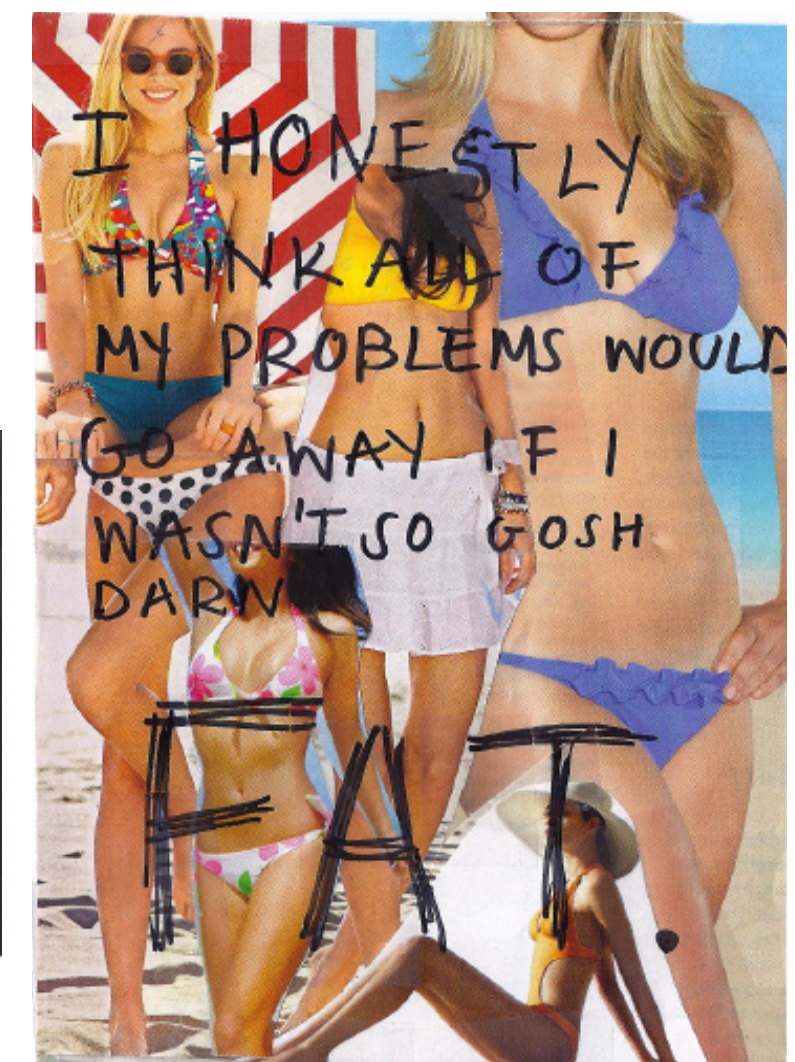
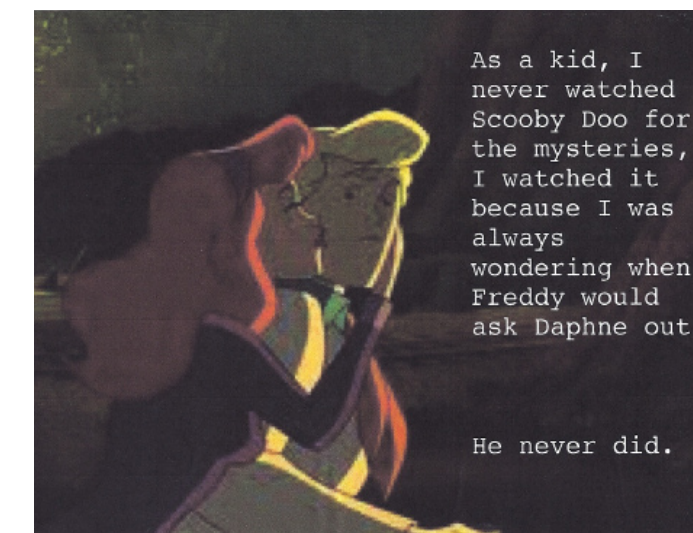
By Ben Allen and Emma Scott

In the last edition of the *Hi-Tide*, we dared students to submit postcards revealing their secrets. Our sum of 55 postcards is nothing compared to the 500,000 Frank Warren received, and our school newspaper is not viewed by 3 million people a month like Warren's blog, but the impact of our project was larger than the numbers. Over the last month, *Hi-Tide* received postcards that had a multitude of secrets. As we sorted through our fellow students' confessions, we felt as though these cards weren't really secrets at all- they were stories that each and every Viking could relate to. Some of them were heart-wrenching and sorrowful, some were embarrassing and silly, but most of all: they were honest.

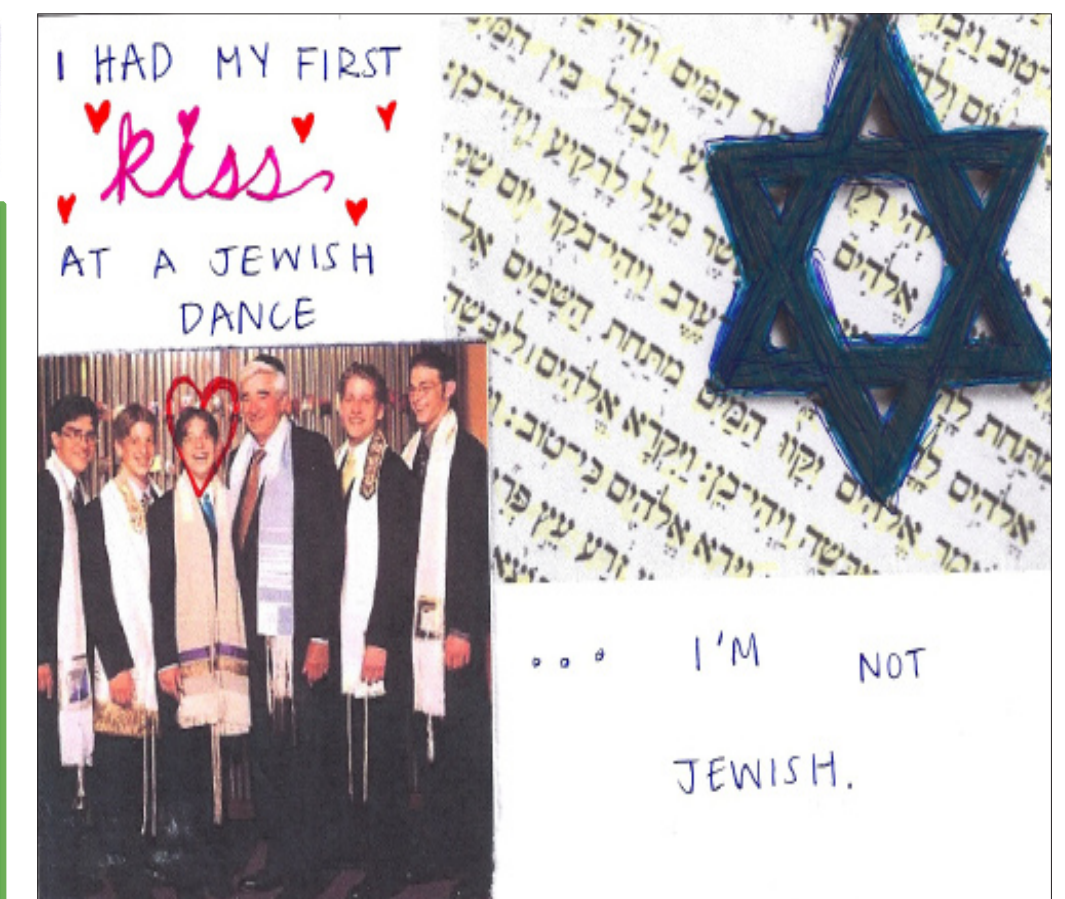
The original intention of this project was, admittedly, only to expose the most ridiculous and darkest of secrets at this school. However, in the end, the project was more of a reminder that each student is part of a bigger whole. These secrets prove that we are part of a community of unique young minds that are all searching for acceptance. And in that way, we are all the same.

As a note to those of you who submitted cards containing material about self-harm, suicide, and abuse: please know that although we admire your courage for voicing your secret, these are not the secrets that should remain anonymous. We deeply encourage you to talk to a counselor, teacher, or other trusted adult and get help (Call the San Diego County 24-hour crisis line at 1-800-479-3339).

This is a sample of the *Hi-Tide* staff's favorite cards. The remainder of the admissions will be displayed in the glass case outside room 501, and eventually sent to Frank Warren himself. If any participants have an issue with their cards being sent, please email Emma Scott or Ben Allen at ljhspostsecret@gmail.com.



I will never stop believing that Kermit the frog is a pedophile.





From left to right: Andy Hill, Hallie Bodenstab, Maddie Harvey, Stephen Wilkinson, and Jake Huey Correa.

“THIS IS OUR HOUSE”

By Waverly Richards
Staff Writer

Cathedral and Bishops, two of LJHS’s private school rivals, have encouraged new groups of fans to come support their teams throughout the seasons. Past and present students are aware of these competitions, which help motivate the athletes and keep the fans fueling on and off the field.

In sporting events against Bishops and Cathedral, fans from each team scream things back and forth to each other, causing tension between the schools. This rivalry has been so out of control at times that it has gotten physical. Some of the things La Jolla fans say to their private school opponents fans are, “Daddy’s Money,” “We can’t hear you,” and

“Take the Limo.” According to junior Dylan Walsh, a top fan of the basketball boys at LJHS said about Bishops, “We don’t like them because they’re cross-town rivals and they always have been.”

At this year’s boy’s basketball games, the gyms were completely packed. Both sides had crowds of fans, posters, and rehearsed cheers. La Jolla fans had a group of girls with body paint, while others wore the school’s colors.

Daniela de Kervor, a senior at La Jolla High School said, “It was so much fun painting the letters on each other’s stomachs and backs. We were all so nervous when we unzipped our jackets for the reactions from other people, but thankfully we got a good one!

And the boys played amazing, so hopefully we motivated them!”

A former La Jolla High School graduate, Taylor Richards said, “We never got along with each other, as much as we tried to, it never worked. The rivalries will never end, no matter how much the schools try to make peace with each other.”

Tyson Youngs, a junior on the varsity basketball team said, “It’s always fun to compete with the cross street rival when your competing for bragging rights with your private school friends. It always gets personal, but both teams are better win or lose. Plus the energy the fans add on to this rivalry always brings so much energy to the game that makes us want to win that much more.”

Everyone loves the feeling of winning and being able to celebrate and congratulate each other, but it is even better when you beat your top competition.

Ryan Farley, a senior on the girls varsity volleyball team said, “When the boys would come in with signs for some of my teammates, it was so encouraging! Every time we would make a crazy play, we would look up at the stands and see all our friends just as excited as we all were. It makes volleyball so much more intense and competitive, of course in a good way! And after games, having the people I love come up to me telling me I played great was awesome.

It would make me feel good about the game, and excited to play in my next game!”

Many athletes at LJHS would all agree that having friends, family, even faculty supporting them really makes a huge difference. It motivates players to work that much harder for their sport that they work hard for every day.

David McColl, a junior on the varsity boys basketball team said, “Looking at the crowd and seeing people that I love cheering me on really motivates me to play at my top game.”

All the effort that athletes put into their sport can be very overwhelming. They have to keep their health in check, keep up with academics, attend every practice and game, and keep a healthy diet. Some of these things are very stressful and hard, while others may think it is good and it keeps them productive and busy. Not only is it fun for the athletes to watch their fans cheer them on, but it is fun for fans to watch their friends, family, or students play well. The feeling of watching an athlete make an incredible play is amazing!



From left to right: Vanora Guerard, Danica Ver Steeg, Daniela de Kervor, Piper Atnip, Erica Neagley, Karly Zlatic, and Waverly Richards

NOW let’s do the Viking Beat!

"We've got the beat, it's called the Viking Beat, we've got the beat, it's called the Viking Beat it goes..."

- 2 pats on your legs
- 2 claps
- 2 snaps
- 2 claps
- 1 pat
- 1 clap
- 1 snap
- 1 clap
- 1 pat
- 1 snap
- 1 clap
- Repeat 1x

I’m on a Boat

San Diego waters breed new aquatic talent

By Lindsay Crowe
Staff Writer

One of the many advantages of living in a beautiful area like San Diego is being able to enjoy a water sport like sailing. LJHS offers this wonderful opportunity for people to do what they love in very nice weather.

The sailing team is one of the club sport teams that meet on Tuesdays and Fridays after school until 6 p.m. at the Mission Bay Yacht Club. The team consists of 24 students from 8th to 12th grade. The team includes two coaches, Reece and Jimmer, who work at the yacht club.

Sailing takes control, and a keen eye for other boats. During races and practices there have been collisions, but no one has ever been injured while they were sailing. Sailboats usually have the “right-

of-way” over powerboats.

Some need to know terms include:

Starboard- the right side of the boat

Port- the left side of the boat

Skipper- The person who controls the tiller (steer) and the main sail.

Crew- The people who make up the team and have specific jobs on the boat.

Capsizing-sailors lean backwards and pulling the boat next to you, but not close enough to collide.

Some of the clothing worn while sailing are a bathing suit, life jacket, zhik pants and zhik top, boots, gloves, and sunglasses (optional).

One of the members of the sailing team, freshman Joanna Garcia, absolutely loves the sport.

“What I love about sailing is that when you have a big test the day after sailing practice, [it] really helps you relax and not think about the stress of the test as much. People are also very accommodating,

even though I am a freshman,” said Garcia.

Garcia started sailing during the summer of 6th grade and always looks forward to going out when she can.

Practice is not required because the coaches encourage homework and studying to be the main priority before sailing practice.

In order to be on the sailing team, no experience is required, but enthusiasm is. Tryouts are usually earlier on in the year, but anyone is welcome to join anytime. For more information, check out the sailing team website at <http://www.highschoolsailingusa.org>.

The next race, called the “Regatta,” will be held in San Francisco on February 24-27. Races will be held in many areas of California throughout the season.

Photos courtesy of www.facebook.com



How to... Pole Vault

By Sophia Sowers
Staff Writer

Pole vaulting, often an overlooked sport, is actually a very challenging endeavor. Vast amounts of upper body and core strength are required to hoist oneself several feet into the air just by using a pole. Like any other sport, commitment to practice is necessary, but what makes pole vaulting so unique is the enormous quantity of technique that is essential to vault successfully. The object of pole vaulting is to propel oneself over a bar as high as possible. The bar is suspended above a vaulting pit that is about 20 feet by 20 feet long. To put the jump in perspective, the current outdoor vaulting world record, held by Sergey Bubka from the Ukraine, is 20 feet and 1 inch. To give insight on just how skill-demanding pole vaulting is, here is a step-by-step analysis of the sport.

Pole vaulting is a very technical sport although the whole jump lasts only a few seconds, every step needs to be completed accurately down to the last detail or else the jump will most likely be a failure. If you follow all of these steps and practice often, you will be able to pole vault as well as Bubka.



1. Find a pole that is right for you. The height and flexibility of a pole corresponds to the height and weight of the vaulter. If an incorrectly-sized pole is used, the chances of attaining an injury increase greatly.



2 To begin, grip the pole towards the top with hands placed shoulder width apart. Start running down your lane toward the vaulting pit, while holding the pole above your head.



3 At the forefront of the pit there is a hole in the ground. As you approach the pit, jam the pole into the hole and drive your dominant knee upwards while jumping off the other foot to spring off the ground with momentum.



4 As you are in the air, swing your non-dominant leg upwards over the bar while keeping your dominant leg bent in the driving position. At the same time push with you arms on the pole to give you more momentum.



5 It is now time to let go of the pole and land. It is imperative that you land on your back instead of your feet because landing on your feet might lead to a sprained ankle.

Throughout these steps you will be vaulting with your back arched over the bar you are jumping. When you have reached the peak of your jump, swing your hips around so your stomach is arching over the bar.

Pre-Game Planner

What will give you energy before workouts, and what will help you recover.

By Jordan Linsky
Staff Writer

It is common knowledge among athletes that consuming a burger or fatty burrito before stepping onto the playing field is not a good idea. However, many athletes are not aware that there are foods that are beneficial to the workout process. Pre-game foods are critical and must be chosen carefully. Whether participating in football or ballet, there are certain foods that are universally favorable.

Full meals should be consumed at least three hours before the sporting event to allow for digestion. Meals should primarily contain starches, which are quickly digested and help blood sugar levels remain constant. For example: pasta, breads, starchy vegetables, potatoes, and cereal are all satisfying foods for the pre-workout.

Although many people assume that protein is the go-to food for active people, protein takes longer to digest than starch. Meals that contain large amounts of protein can also lead to an increased production of urine, which could lead to dehydration. If consuming protein, make sure to drink plenty of water with it and eat it well before the game starts.

Fluids are also a vital part of success out on the pitch; athletes should be hydrating the day before, and the day of competition.

Making the wrong choices before a game can be disastrous. Sweets should be avoided at all costs. Consuming too much sugar will result in drastic swings in blood sugar which will result in a lack of energy. Fats and oils should also be avoided because they take longer to digest. Caffeine should be avoided because of urine output.

If snacking during a game, athletes should avoid salty foods at all costs. Quick and easy foods such as clementines, grapes, and other sliced up fruits, are best.

What is consumed after a game can affect recovery. Post-game meals are essential to replenish glycogen levels and rehydrate tired muscles. Fruits such as apples and bananas are a good choice. Proteins such as peanut butter or lean meats are satisfying as well. Athletes can never go wrong with calcium and carbohydrates for post-game snacking.

Although pre-game and post-game foods are very important, sport participants should concentrate on eating healthy for several days before the event in order to fuel muscles with glycogen.

Lady Viking Varsity Water Polo

LA JOLLA VS. CATHEDRAL

12

February 23, 2012

8



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for Spring!

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receive 10% off!

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Biking from Coast to Coast

By Paul Erne

Staff Writer

Quincy Briscoe has been traveling around the world over the past few months, mainly through Europe, to obtain a better understanding of the world around him.

After moving from Oregon, Briscoe spent his senior year at La Jolla High and graduated as a part of the Class of 2011. He is currently biking across America to help raise money for under privileged children in Cambodia. His bike ride began in St. Augustine, Florida and will end in San Diego, a total of 3,044 miles. Briscoe's hope is to receive a \$1 donation for every mile, and all proceeds will go to Project Enlighten.

This idea arose after Briscoe visited Cambodia when he was 14 and discovered an interest in charitable work.

"You can spend ten seconds deciding to do something, or a

lifetime regretting something you didn't do," said Briscoe.

He began this project in January, and has been going at it day by day, biking 60 to 140 miles per day. Briscoe sleeps in a one-man tent, or at places called warm showers, a term for the houses of people willing to let bikers spend the night. He eats at local restaurants, or stops at local grocery stores to pick up some chocolate milk and PB&J sandwiches. Briscoe has struggled with a few minor injuries, but other than that has had a positive journey so far.

Briscoe made the front page of the *San Diego Union Tribune* on January 30. He also has a Facebook page based on this project, titled "Quincy Briscoe Bicycles Across America," where he posts daily status updates and videos about his journey.

So far he has bicycled along the beautiful Florida shoreline, as well as through freezing cold



Left: Briscoe with the children he hopes to raise money for through his journey.



Alabama rain storms. Briscoe has not set a date of completion, but is trying to bike at least 75 miles per day.

"Some days I do more than that, like one day I did around 140 miles, but I know I have to pace myself because of my injuries," Briscoe said.

Briscoe is an inspiration to many La Jolla High Students, and a savior to many poor children in Cambodia. Briscoe is single-handedly changing the lives of hundreds of children through his grueling journey. As of early February, he has made well over one-third of

his goal of \$3044, with the numbers only increasing. He has received incredible support over the past few weeks and has hundreds of subscribers on Facebook supporting him through his journey. Briscoe is in the process of doing something incredible

LJHS Possibly Turning Charter

By Ben Allen

Staff Writer

One question posed every year is if La Jolla High will finally become a charter school. The change has been discussed for nearly twenty years, but the final steps of making it a reality have never been realized. Whether or not La Jolla High will become a charter school remains to be seen.

A charter school is a school within the school district that has reached a certain agreement, usually pertaining to an increased autonomy to the regulations that the school needs to follow.

Most schools looking to become charter schools are looking for more freedom for their students. Attaining this freedom usually means the ability to go outside the standard district procedures.

When a school officially becomes a charter school, a charter is drawn up between the district and the school in which the increased autonomy is agreed upon.

Charter schools also have a more flexible budget. They are allowed to choose what services they want from the district, which they want to cover themselves, and which they want to openly contract. A charter school must continue to do well in all state testing and assessments to continue operating.

The argument for La Jolla High to become a charter school arises mainly from a

previous agreement that decreased the school's science requirements.

In 2002, an autonomy-increasing agreement was made with LJHS and San Diego Unified School District.

The agreement stated that LJHS students are required to only take two years of science (one year of physical, one year of biological) unlike the rest of the district, where students must take three years of science.

This push was made so students could "pursue extensive studies in areas of fine and practical arts." In addition, LJHS was granted the freedom to "give priority" in terms of enrollment to students whose legal guardians work at La Jolla High.

Although the agreement does grant liberties to La Jolla High's enrollment and science programs, this does not make the school charter because it is still on the district's payroll.

Mr. Shelburne has stated that the idea of La Jolla High becoming charter has come up in board meetings, along with the idea of the formation of a new school district entirely.

However, these plans are all still in their infancy and would require many objectives to be cleared, including getting a majority of faculty to agree to the change and securing the school's financial status.

At the present, it is not apparent if La Jolla High School will become a charter school anytime soon.

Senior Bench Lawsuit Resolved

Benches to stay; new free speech policy instituted

By Katie Allen
and Paul Erne

Staff Writers

Following a lawsuit between the ACLU and the San Diego Unified School District, students now have the right to voice their political opinions through La Jolla High's senior benches.

This topic came to light last year when the school administration covered up a political message written by members of the Persian Club.

As these messages continued to be displayed on the senior benches, Mr. Shelbourne threatened to remove the senior benches entirely, stating that the purpose of the senior

benches was to encourage school spirit.

The ACLU sued the district last May because it believed the school had no established standard to monitor what is written on the benches. As a result, SDUSD was forced to rewrite its free speech policies.

According to the *San Diego Union Tribune*: "Under La Jolla High's new free speech policy, students may post messages on the bulletin board and paint messages on the benches- as long as they are not obscene, libelous or slanderous-without seeking permission from the administration."

"The policy also clarifies the review process for student messages, requiring adminis-

trators to use the law-not their opinion-to decide if messages are appropriate."

The *Hi-Tide* discussed the new policy with Mr. Shelbourne. He informed us that he has yet to see the exact policy in context.

He stressed the importance of the bulletin board as a forum for freedom of speech, and the senior benches as a display of school spirit. "... Most educators would agree that we want you to push the envelope and think globally and have opinions."

The senior benches will remain as a forum for celebratory messages as well as a means of broader communication.

A look at America's flawed education system

Race to Nowhere

Thursday, March 22

6:30 to 8:30 p.m.

Parker Auditorium

Race to Nowhere, directed by Vicki Abeles, is perhaps the most relatable film for today's students, parents, and teachers. The film analyzes and recounts personal stories about the American educational system.

Nowadays every student is expected to get perfect grades. If they do not, they are often considered failures.

Every student is to take five APs, do six hours of home-

work every night, play at least one sport, run a school club, participate in community service activities, and manage a social life!

The film argues that this scheduled, fragmented life is not only robbing kids of their childhoods but is damaging society as a whole. The film portrays concerns that when this generation of students (that learned only to cut corners and cheat in school) goes into the work world, they will only be capable of simple, input-output jobs because of the assembly-line, factory robot mentality they learned in school.

The entire philosophy of

money equaling success and putting up a false front of success is crippling this generation. Teenagers are anxious, depressed, sleep-deprived, and suicidal but on the outside they are all smiling faces and A+ students. It is not sustainable.

The film maintains that instead, schools should teach kids to analyze, think critically, and solve problems creatively.

The film will be shown at the La Jolla High School Parker Auditorium on March 22 in hopes that some new insights may be shared. Everyone knows the system is flawed; it is just a matter of convincing communities and schools that it's worth a change.

By Fabiola Zirino

Staff Writers

Julian Clark: Filmmaker



By Chance Rhome
Staff Writer

Senior Julian Clark found his niche in the artistic world during his freshman year when he started making his own creative videos, and has continued the practice well into his high school career. “It

is what I want to do in life. [I am] going to be a filmmaker somewhere in the industry, either producing or directing,” said Clark.

In addition to making films for his own enjoyment, and the enjoyment of his viewers, he also works with local band Neveready on its music videos. Clark controls all

aspects of his videos. “I do everything: editing, filming, audio recording...That’s why I can’t wait for college because everybody’s going to be doing the same thing and collaborating [with one another],” he stated. While doing all of the work alone is a challenge, he acknowledges that “it’s fun doing it every step of the way.”

He gets his inspiration from watching movies like *Eternal Sunshine of the Spotless Mind*. His idol is David Fincher, the director of movies including *Fight Club* and *Memento*.

Clark has big plans for the not-so-distant future. He is currently in talks with a producer in Los Angeles about collaborating on a short film. The completed film will be submitted to Sundance and other LA film festivals.

He will also continue to work with Neveready on new music videos. He hopes to study his trade in one of his top choice colleges next year, which include USC and UCLA, or else “wait until [he is] 21 and go to the American Film Institute.”

While getting into the film industry may seem like a daunting task to others, Clark seems to have no such qualms about how far he is going. “It’s my life’s passion and everyone’s going to hear about me in a few years,” he reassured. His videos can be found on his website, www.julianclark.tv, or his youtube channel, www.youtube.com/julianeats.

The Art of Writing

A talent that still exists among the students of La Jolla High School.

By Taylor Osman
Staff Writer

Writing is an inevitable part of almost every subject in school. It is a skill that students must apply to many areas, whether it is in an English essay, a history DBQ, or an article for journalism, There are a few students whose love of writing makes them stand out; their endeavors ascend the typical school assignments. These students have excelled in this area by pushing themselves to experiment with different writing styles.

Alma Halgren is a remarkably motivated freshman who combines her passions for writing and biology. Last October, she participated in a contest that Mrs. Tenenbaum (her AP Biology teacher) brought to her attention.

The challenge was to read and write an essay on *The Immortal Life of Henrietta Lacks* by

Rebecca Skloot, a nonfiction book about a woman whose cells were taken in 1951 and, without her permission, became a fundamental tool in medical research. Alma’s essay was one of the two that were chosen from our school to be read in front of a large crowd at USD.

Unlike Alma, who enjoys writing nonfiction, senior Louie Zigman’s approach to writing is outstandingly unique and pushes the limits of structured high-school writing. He enjoys writing philosophical essays, songs, and horror fiction inspired by his appreciation for gothic author Edgar Allan Poe. He said that the best part of writing is that it is “fluid and has no limits.” For him, writing is “brain vomit,” an explosion of his own thoughts onto paper. He is inspired by “disproving reality,” evident from his out-of-the-box and bizarrely captivating writing style.

The following are excerpts from these students’ writing that exemplify their talents:

Alma Halgren

With the benefits of humanity as a whole in mind, the sheer value of the good HeLa cells have added to the world greatly outweigh the harmful consequences of how they were acquired. The ownership of one’s own body and the right to fully-informed consent are very important. Mrs. Lacks was not harmed by the collection of her cells, but by current standards she nevertheless should have had the choice of whether she wanted to donate them. Additionally, if Mrs. Lacks had been informed that her cells had been collected and she had chosen to tell her family, then they would have been spared the trauma they experienced when they found out twenty years later.

These violations of current practice need to be balanced against the vital role HeLa cells played in the expansion of scientific knowledge and the prevention of major global epidemics. Therefore, in this case, the ends do justify the means, for the ‘means’ of denying Henrietta Lacks her right to informed consent to a non-harmful procedure are greatly outweighed by the ‘ends’- the contribution of HeLa cells to humanity.

Louie Zigman

The shades are folding over. The blinds are breaking down. Shades bleeding on each other, seeping to the ground Limelight shine upon this exquisite entropy The crimson curtains falling down; the shades are flowing freely A paradigm existence, an alluring reality a healthful form of realism, a grand epiphany The shades all blend together, the blinds hanging from a thread unsheathing Occam’s razor blade, archaic ways are dead. The windowsill is open; it always should have been The light is so much warmer when you feel it on your skin. Thaw this bitter winter. Meld it with the rust The frittered, frigid pendulum prodded by the cusp. Stumble into greatness. Break the fall with grace. Scramble up this jargon codex, re-derange the face.

“Real writers are those who want to write, need to write, have to write”

--Robert Penn Warren

[Insert Improvisational Title Here]

By Amethyst Sanchez
Staff Writer

Unless you have been living under a rock this year, you have likely seen the strange videos during the morning announcements and signs around school for upcoming Improv shows. But what exactly is the Improv Team?

When asked what the Improv team is, the consensus among students seems to be either a response of “what’s that?” or “isn’t it just a play they make up on the spot?” On both accounts, it seems that most people really have no idea what Improv is about.

La Jolla Improv is our school’s team in the High School League, a branch of the National Comedy Theater (NCT). The idea for NCT originated in Milwaukee under the name “ComedySportz,” and an association of theaters soon popped up around the country. San Diego NCT has proven to be the most successful among its sister theaters by bringing high-energy comedy to all ages for over a decade.

Dominique Overturf, Improv’s Vice President, gives five reasons why you should attend an Improv show:

1. Tickets are only \$5.
2. It is an awesome place to take a date. There is no pressure, and you can just have fun and yell at people.
3. You’ll laugh no matter what, and laughing is statistically proven to lengthen your life.
4. Most of the guys are single and looking.
5. Show some school pride by yelling and cheering louder than the other teams.

Although still a member of the drama family, Improv is a competition similar in style to the show *Whose Line Is It Anyway?* Each night, two teams face off in a battle of wits at the mercy of audience members. Each round begins with the teams challenging each other to a game or scene.

Games range from impressive to downright silly, with titles such as “Schoolyard Insults,” “Potpourri Replay,” and “Walking Dead.” Audience members are encouraged to yell out suggestions to provide the subjects. Once both teams have finished their scene, the referee awards points based on applause.

If you have a quick wit and a loose grasp on your sanity, Improv wants you. “We’re looking for people who aren’t afraid to do something stupid, put themselves out there, and might be looking for some new friends,” Improv Vice President Dominique Overturf said. “I honestly find [Improv] relaxing and look forward to it every week. It’s how I became potty trained.” Meetings are held Mondays at lunch in the drama room, and practices take place Sundays at noon in the quad.

So, if you are interested in watching people degrade themselves for laughs, come watch the Improv team battle Mt. Carmel tonight at seven p.m. in the Parker Auditorium. Tickets are five dollars, four with a SAC sticker.

The Oscars

It is that time of the year again, when celebrities suffer through unusual detox plans and invest in ridiculously expensive dresses that will only be worn once. Yes, that's right, it is the 84th annual Academy Awards. Each year, viewers tune in and root for their favorite movie to win an Academy Award. Here are a few of the Oscar-worthy films and performances you should watch for:

Projected Favorites

By Skylar Economy
Staff Writer

The Help

Anyone who has seen *The Help* has likely fallen in love, due to the film's comedic scenes and the unusual friendships portrayed. It tells the story of three women of different racial backgrounds during the 1960s who form a friendship that breaks the social boundaries of their time. This movie is a top contender for the Best Picture award.

Rooney Mara

For her role in *The Girl With the Dragon Tattoo*, Rooney Mara has earned a nomination for Best Actress in a Leading Role. She plays a tough Scandinavian avenger, Lisbeth Salander, who can crack any code and hack any computer. Salander is the modern day super hero of our time, and Mara portrays her in a stunning way.

Puss in Boots

For his quirky humor and Latin style, Puss in Boots from *Shrek* was given his own, Oscar-worthy spin-off. *Puss in Boots* is the favorite for Animated Feature Film, up against films such as *Kung Fu Panda 2* and *Rango*. This movie is a favorite among adults and children alike because it weaves a more in-depth story about our favorite feisty boot-wearing cat.

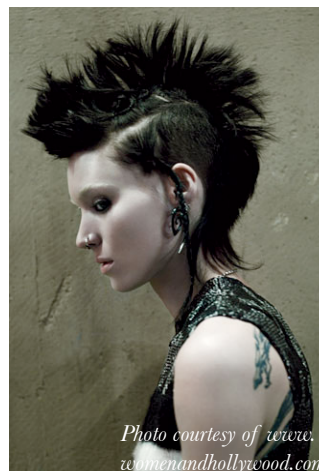


Photo courtesy of www.womenandhollywood.com



Photo courtesy of www.onlinemovieshut.com



Photo courtesy of www.technorati.com

Lesser-Known Nominees

Midnight in Paris

Directed by Woody Allen, this movie is about a young, engaged couple who visit Paris on a business trip. The future groom's (Owen Wilson) nighttime wanderings show him a magical new side of the ancient city. This is a tale that follows the saying "when you wish upon a star" quite literally. With its picturesque cinematography, comedic tone, and four nominations (including Best Picture and Best Original Screenplay) *Midnight in Paris* is one to keep an eye out for!

The Artist

Nominated for multiple categories such as Best Picture, Cinematography, Art Direction, Costume Design, and Directing, *The Artist* is a frontrunner that is very different from its contenders. As a silent, black-and-white film, it breaks the boundaries that many directors and producers would be hesitant to broach. Jean Dujardin and Bérénice Bejo dazzle in their lead rolls, and the movie brings viewers back to the old Hollywood age in a pleasant and beautifully artistic manner.

Glenn Close

In *Albert Nobbs*, Glenn Close plays a woman who lives as a man in order to work as a hotel waiter in 19th-century Ireland. Although the movie received only lukewarm reviews, both Close and her co-star Janet McTeer have been nominated for Academy Awards for their convincing performances. The film is also nominated for Best Makeup. *Albert Nobbs* shows the hardships and abuse that women in the 1800's suffered through in a realistic, heart wrenching way.



Photo courtesy of www.festival-cannes.com



Photo courtesy of www.abcnews.go.com



Photo courtesy of www.telegraph.co.uk

Above: Owen Wilson and Rachel McAdams in *Midnight in Paris*; **Below Left:** Jean Dujardin and Bérénice Bejo in *The Artist*; **Below Right:** Glenn Close dressed as a man and seated next to Mia Wasikowska in *Albert Nobbs*.

Documentaries & Foreign Films

Pina

Nominated for Best Documentary Feature, *Pina* is a tribute to the famous dance choreographer, Pina Bausch. In 3D, this documentary takes the viewer on an amazingly elegant journey through life and dance. The movie is unique and full of eloquent emotion; it makes the audience want to step into the movie and dance through life as well. Although a documentary with only dancing seems odd, this movie makes everyday life seem like an art form.

In Darkness

A top contender for Best Foreign/Language Film, *In Darkness* is based on the true story of a sewage worker, Leopold Socha, who helped Jewish families in Lvov, Poland seek refuge from the Nazis occupying the town. Socha helps the Jews survive in the sewage system underneath the city, risking his life. He initially begins his endeavors for money, but quickly forms deep friendships with the people he helps. This Polish film is an amazing, emotional story that will be hard to beat.

Saving Face

This documentary, nominated for Best Documentary Short, shows the struggle of women in Pakistan who were attacked with acid from men for reasons such as rejecting a proposal or talking back. The film depicts the women's everyday lives, and the struggles they go through to survive, heal, and prevail while staying alive. This documentary opens the eyes of many who are unaware of the wrong doings of the men in Pakistan, and plants a seed for social change.



Photo courtesy of www.indiewire.com

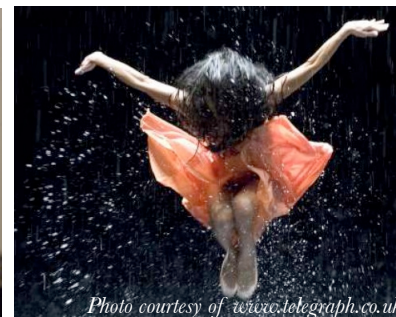


Photo courtesy of www.telegraph.co.uk



Photo courtesy of www.oscarcomplelist.blogspot.com

Above Left: A victim in *Saving Face*; **Above Right:** The type of dance featured in *Pina*; **Below:** Two child actors playing Jewish refugees in the Polish film *In Darkness*.