

Hi-Tide



Learning Pods!
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Volume LXXXVIV Issue 1-October 3, 2014

Cinder: The End of an Era

By Lucy Fitzmaurice
Staff Writer

On Saturday September 13 at 5:00pm, Nautilus Street experienced a heart breaking event. La Jolla High School's school cat, Cinder, was struck by a car. Cinder died shortly after impact, causing turmoil for his owners as well as students and staff.

La Jolla High School senior Dana Ashcraft witnessed the accident. She explained that a red Mini Cooper struck Cinder. The Mini Cooper passengers and one other car then proceeded to pull over and get out to see what had happened. "He was laying there like the cute kitty he is," Ashcraft said. Coincidentally, Cinder's vet was driving by and pulled over to help Cinder. She ended up taking him to the veterinary clinic. Ashcraft admits she was in shock and on the verge of

tears. Unfortunately, Cinder did not make it.

Cinder could always be seen roaming the campus, entering a random classroom, laying in the sun, or walking in the middle of a hallway. Many loved Cinder and his pleasant visits. LJHS students took pride in having a "school cat."

He was thought of as our unofficial school mascot. Not many schools can say they have a free roaming cat, making the relationship so special.

Many students and teachers have had certain memorable moments with Cinder. Senior Ilana Larry recalls Cinder always perching on the girls' bathroom sink, and girls having to turn the sink on for him.



Photo Courtesy of the Thickstun Family

Another LJHS senior, Kevin Gray, Cinder's original owner, believes the love that everyone shared for Cinder "was cool, everyone came together and celebrated his life." Cinder was only a part of the Gray family for a year, until Cinder decided for a change in his kitty lifestyle and moved over to the home he had resided in until his death.

Cinder will always have a place in LJHS's heart, and stories of his adorable existence will be passed on to generations of La Jolla High students to come.



Photo Courtesy of Jordan Bowman

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Hurricane Odile

Better known as the day we got a rainstorm in a heat wave

By Creekstar Allan
Staff Writer

Hurricane Odile made a direct hit on Baja California, including the famous beachside party town of Cabo San Lucas. The storm became a literal "home-wrecker," bringing 6 hours of rain and 125 mph winds. It was named a Category 3 storm and went into the record books as the most powerful tropical cyclone to hit Mexico's Baja California region ever. A Category 3 storm includes, winds between 111-130 mph, and can also cause severe property damage, power outages, and extensive flooding. Countless tourists got stranded in Cabo after it hit on Monday September 15th.

Odile halted many lives as soon as it struck, bringing in massive floods, ravaging buildings, shattering glass and creating widespread blackouts. Houses were leveled and owners had to go back and comb through the remains of their houses for their belongings. Most tourists had no way out of Cabo because the airport was severely damaged and

main roads were destroyed. Some tourists, however, found refuge in the U.S. through military planes.

As discovered by UT San Diego, Jeffrey Piszczek of Kensington was about to come home from a trip to Cabo when the hurricane hit. He called his wife, Carolyn, late Monday before the power went out to say, "This is gonna get really bad." She lost contact immediately after the call. She even began contacting hotels near where he was through Facebook, with no success. She still hasn't been able to make contact.

Thousands of Americans have been evacuated. According to a spokeswoman from the State Department (Amy Grier) communication has become close to impossible due to the large amounts of damage to infrastructure. Around 685 U.S. residents were evacuated to Tijuana on September 16th to be sent back over the boarder into America. An estimated 30,000 tourists were still stranded as of September 18th.

UT San Diego explains that

while Cabo will get publicity and help first, the other areas north that were hit, like Loreto, Mulege and Santa Rosalia, are being put on hold, which is leaving severely damaged houses to remain as rubble. Due to the lack of support to these communities, their losses are made much worse.

How does this affect us? San Diego's weather has been dramatically spiraling out of control. First, the incredible heat that forced the San Diego Unified School District to give us two half days. Then, random torrential downpours throughout San Diego occurred.

San Diegans are not used to these dramatic weather fluctuations. San Diego was almost oblivious to the proximity of hurricane Odile.

There were many riptides at Windansea beach, which caused lifeguards to have to swim out and rescue many who were caught.

Hurricane Odile isn't just affecting Cabo it's affecting most of the western coast.

SPIRIT



UPDATE

Hey Vikes,

Welcome back! I hope you all are having a great first month.

First off, October is Anti-bullying Month, so come down to the quad and participate in some activities that promote Anti-Bullying. On October 30th please wear all purple in honor of Anti-bullying Month.

On Halloween, Friday October 31st, dress up in Halloween costumes! We are going to have a costume contest at lunch in the quad.

The Homecoming game is November 7th against Kearny. Make sure you come out to support your class! You can buy homecoming tickets at the finance office on the day of the game for \$3 with a SAC card and \$7 without SAC.

The Homecoming dance will be on Saturday, November 8th.

The theme this year is "Super-heroes," and November 7th will be the last day to buy your ticket for the dance on Saturday. Make sure you bring your ID to the dance.

If you have any questions or comments, make sure to come by the ASB Room, room 304. Thanks and have a great month!

- Zoe Rashid
ASB President

Editor's Note:

Some would like to say that journalism is dead to our generation, but we're here every fifth period to prove them wrong. If you would like to see your own articles, cartoons, and photographs published in the coming issues, please email your work to ljhitide@yahoo.com.
-Your Editor-in-Chiefs

The La Jolla High School

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SDUSD READY FOR WAR

THE SCHOOL DISTRICT PREPARES FOR THE WORST

By Zoe Hildebrand
Editor-in-Chief

Did you pay attention to the Ferguson riots this summer? After the execution-style shooting of unarmed teen Michael Brown by police officers in an altercation provoked by Brown jaywalking across a road, the St. Louis suburb erupted in pro-

tests. The local police force responded with tear gas, rubber bullets, and racial slurs all directed at the dissenting voices of rioters. Many wondered how this was made possible on a scale large enough to reach the thousands of protestors. The answer lies in a twisted partnership with local police departments and this country's Department of Defense, two organizations originally designed to keep all citizens from living their lives in fear. Armored, military-grade vehicles were donated to the Ferguson Police Department through the US Department of Defense's "Excess Property Program."

This federal program also donated equipment to the San Diego Unified School District. We have a \$700,000 Mine-Resistant Ambush Protected vehicle parked in Morse High School's parking lot, able to be deployed at a moments notice.

The higher-ups of San Diego Unified are pitching the vehicle as a rescue vehicle "for emer-

gencies only." They've taken the effort to paint a big red cross on the side, just to show how humanitarian they want this vehicle to be. But how can we trust them? What happens when, in what we determine to be an emergency in its own right, decide to protest? Will we become subject to the terror this vehicle was originally

“...to paint a big red cross on the side, just to show how humanitarian they want this vehicle to be.”

built to cause?

They claim the vehicle can be used in a school shooting, a preparation against the idea of the next Columbine occurring at a San Diego school. The cumbersome armored car fits only 34 elementary-aged children in total, not even one classroom. We know very well there are thousands more students enrolled in schools in San Diego Unified, all of whom deserve a chance of survival in the case of a catastrophe. Who, in an emergency, gets to live, and who is left to die? Why has our school district resorted to

the literal nuclear option in cases of tragedy and violence?

There are many steps SDUSD has skipped in the process of preparing for an emergency like this. We need more comprehensive anti-bullying education. One day of Rachel's Challenge was clearly not enough to make a lasting impression at this school given the outpouring of vile words students in all grades directed at an anonymous gossip app relating to a Yak a matter of weeks later. We need gun safety taught to both students and parents. But most paramount, we need to stop pretending events like Columbine are isolated and random, keeping our hands clean from any effort to prevent them and resorting only to a flashy and obnoxiously gaudy arms race.

And what if the occasion of tragedy never arises, and this vehicle begins to make displays at non-violent protests? At the very least, you can say you've been warned.

(Editor's Note: Due to controversy and the story of the vehicle making national news, SDUSD returned the vehicle to the U.S. Department of Defense. However, the San Diego Police Department still have 77 M-16 assault rifles and a military vehicle of their own that the received in the same donation as our school district received our armored vehicle.)

What are we eating?

LJHS cafeteria is not catering to vegetarian and vegan needs

By Lucy Fitzmaurice
Staff Writer

Nutrition is an important part of everyone's daily lives, and for those who take it to the next level, it is even more important. Vegetarians are people who do not consume meat but are allowed to eat dairy. Vegans go one step further and only consume plant based products, such as vegetables, beans, fruits, nuts, seeds, and grains. People who have these kinds of diets have a difficult time eating school-produced lunches.

Here at La Jolla High, the cafeteria has now started to make more of an effort to improve food quality than in past years and have become more health conscious. In the end, howev-

er, that's not enough for those who have a more radical diet.

During lunch the cafeteria provides the usual pizza, teriyaki chicken, or the classic hamburger. The few strides they have made are the veggie patty and sides like corn or sliced oranges. According to the SDUSD website, the menus here "by federal law, meet nutrition guidelines based on the Dietary Guidelines for Americans. The website states: "Menus are written with 30 percent or less calories from fat..."

A can of Coke Zero has zero calories, but look at the list of ingredients: chemicals and sugar. The schools are approaching nutrition in the wrong way. Calories in the end mean nothing if the food

is poorly made and has no nutritional value. The San Diego Unified School District is taking its stride to a healthier school in the wrong way.

Vegans and vegetarians eat more plant based foods that offer nutrients. This food can possibly prevent cancer and lower blood pressure since it isn't processed with possibly hazardous chemicals. The school should be providing more healthy food like this in our school cafeteria.

How are the students supposed to maintain a balanced diet, if schools aren't putting in the right effort to learn more about nutrition? If the district is willing to spend more money to keep students eating healthier, it should at least do it in the correct way.

HI-TIDE
IN
CHAINS

By Shane Lynch
Media Editor

As students and teachers returned to La Jolla High earlier this month, they were greeted by a number of new policies and regulations, aimed at improving our educational experience. In addition to tighter rules regarding cell phone use and bathroom privileges, it has been decided that The Hi Tide Newspaper must submit all articles to the administration 24 hours before they are to be published, in order to give the administration the final say on what is deemed acceptable for reading.

Upon discovery of these changes, a number of students transferred from journalism to other classes, upset over the apparent loss of student voice. This brings to question the morality behind such a decision, as many would argue the purpose of a newspaper is to give its readers the stories they deserve without holding back on information.

Legally speaking, a school has every right to censor a student-run newspaper, as decided in the case of Hazelwood v. Kuhlmeier in 1988. The proceedings found that content deemed inappropriate by school faculty may be subjected to a certain degree of censorship and a lower level of First Amendment protection than a student newspaper not officially affiliated with the school.

Regardless of its legality, a decision of this nature is bound to stir controversy. The role of a high school newspaper is not solely to produce stories that idolize student athletes and discuss exciting school events; such limited scope would turn the Hi-Tide into a PR machine for the PTA.

Students deserve the right to discuss issues that are relevant to the lives of teenagers, even when some might find them inappropriate or offensive. So, if you're reading this story in its unedited version, then I applaud the administration for keeping it in.

To quote George Bernard Shaw, "Censorship ends in logical completeness when nobody is allowed to read any books except the books that nobody reads."

Let us hope the same fate does not befall the Hi-Tide.

Performing Arts in danger

By Sara Espinosa
Opinions Editor

La Jolla High School has been characterized for many strengths over the years, including its academic leadership, community partnership, sports achievements, but nothing is ever mentioned in regard to its Arts programs. The sad truth is that while many students are involved in after-school activities, such as class council, clubs, and sports, fewer and fewer are choosing performing arts as part of their daily routine.

There were 228 schools in 2011 in the San Diego Unified School District. Of those 228, only 180 provided the Visual and Performing Arts program. LJHS's new string orchestra and marching band have gained popularity, which resulted from the efforts of the music teachers, and the time they spent during the summer applying for credentials. The requirements to be hired as a theatre teacher demand that he or she must also have an English credential in order to teach English as a secondary subject. Similarly, all dance and marching band teachers must also have a PE credential. The district had a budget of sixteen million dollars in 2011, according to the Tiger Team Report, to pay art teachers' salaries start-

ing at \$80,000 per year, while a regular teacher's maximum pay was \$82,129. That difference might not seem like much, but the \$2,000 they are denied each year adds up.

In addition to having several periods of classes a day, art teachers, especially performing arts teachers, must also dedicate some of their extra time to after school practice and all their various events and performances.

The Tiger Team Report of 2011 also failed to supply the information of the budget dedicated to art materials and

the district than the arts, Mrs. Henderson jokingly replied, "That's the way things usually go...music is kind [of] pushed to the side."

Performing arts are known to not only give students a higher sense of self-confidence, but also help them improve academic success and social outcomes. According to the National Educational Longitudinal Survey, students who participated in a school with the Visual and Performing Arts Program were most likely to be involved in volunteering and political issues. Some of the benefits of being involved in arts are better college attendance, better academic achievement, and gaining post-graduate degrees.

Out of the 180 schools who provided the Visual and Performing Arts Program, only 36 provided theatre classes, furthermore and only 6 provided dance programs. From this information, our funding doesn't seem to be going to the correct place. It is up to us, the students, to decide what we want to implement in our schools. It is time for the performing arts become a priority.

Editor's Note: There was no current data released, so information about the LJHS budget is based off of the next most recent year available.

“...music is kind of pushed to the side.”

supplies. The reason? It was unknown.

The LJHS budget for 2011 also included \$182,988 specifically for sports purposes, according to the annual budget by SDUSD. Why are sports receiving a concrete budget for a year, when the performing arts department has to request grants for music sheets?

When asked about why sports are more supported by

CLUB MASHUP

By Andrea Albanez
Staff Writer

At La Jolla High School, we have over fifty clubs that are involved with a variety of charities, programs, sports and academic teams, and just some for pure enjoyment. Each club is unique in its own ways, especially in the goals they want to accomplish throughout the year. While this is true, the administration decided to combine certain clubs that have generally the same theme as one another. The fact of the matter is that those clubs do not want to be associated with one another, and they had to make an effort to convince the administration that their clubs were different enough to be separated.

Helen Lee, who is the president of the club Homeless Lunchbags, discovered that her club was combined by the administration with Homeless and Youth, without any prior notice. To convince the administration that her club should

be separated from Homeless and Youth, she explained how her club had a different focus and theme than the other club she was being combined with.

Helen Lee stated, "My club, Homeless Lunchbags, is only dedicated to making lunch bags to give to homeless people on the streets. Homeless and Youth wanted to involve kids with helping the homeless. The only thing I was upset about was the fact that my club was only focused on one aspect of helping the homeless and I got combined with a club with a much bigger spectrum." Helen Lee was able to successfully convince the administration, allowing her to separate her club and establish its original purpose and goal for the year.

Now the main question is, what gave the administration the right to do this without giving consent to clubs prior notice that this policy is enforced? "They didn't tell me why we got combined in the first place, but I can imagine it was because we both had

the word homeless in our club names", Helen Lee added. "I didn't know the administration had the right to do this, but it makes some sense...It was easily fixable."

What if other clubs have this issue and the administration does not realize that they are different enough to go back to their original state of being separate? If this situation was applied to all clubs then all clubs such as ones that focus on bullying should be one club, and all clubs that focus on volunteering should be another club. This statement does not make any sense.

Whether or not the administration decides to keep enforcing this policy of regulating clubs, clubs should still be independent from one another with their own ideas and focus for the year. Combining clubs does not benefit anyone. It simply adds more chaos and tension between club members. Clearly, the administration should not have the ability to merge multiple clubs.



Political Cartoon By Kaitlin Wheeler

Minimum Days Going To Ruins

More and more hours added to minimum days at LJHS

By Vivi Bonomie
Staff Writer

As a 14-year-old eighth grader at Muirlands Middle School, I always remembered looking forward to having the monthly minimum day, where I was released from school at 11:30 a.m. Now attending La Jolla High School, you can imagine my disappointment when Principal Shelbourne announced that all schedules would be adjusted to accommodate to a 30-minute lunch period on every minimum day of the year.

After this shocking announcement, further speculation was taken into when it became unclear as to when this lunch period would actually occur. I felt calm as everyone else panicked, because I made the most obvious conclusion that lunch would be added after 6th period for those who wanted to eat at school. But, I was thrown off when the actual minimum day came around, with a lunch period in between 5th and 6th period.

Senior Leslie Brown says, "They could just make lunch after 6th period and the people who needed lunch could just stay and eat lunch and the people who didn't need lunch could just leave and go home." While many other students seem to agree with this statement, the school still upholds its odd and inconvenient minimum day schedule.

Even though thirty minutes does not seem to be a long time and can be considered a nice break between classes, many would argue that it is

not worth the wasted half of an hour. Furthermore, it is placed between the worst hours of the school day. 10:55 a.m. is much too early for lunch and much too late for breakfast, so it creates an awkward gap in the middle of the day that is quite unnecessary.

This lunch period was created for the LJHS cafeteria so it would have the opportunity to serve lunch to students every day of the school year. But how is this beneficial to the students or teachers, who would rather have that extra half hour for their own personal time?

When asked if lunch on half days should remain, Sophomore Mackenzie Heermans argued, "We shouldn't have it 'cause we can just get our last class over with." The majority of people at LJHS would rather have the extra half hour to go home and or enjoy lunch outside of school with their friends.

The idea of offering lunch after school is still an option so that people not interested in staying after have the option to go home. However, the school will not change to this new schedule because they feel it necessary to give everyone a mandatory lunch period and a chance to eat before the end of the day.

Even if the students are given the chance to eat during a half day, most people do not even use this opportunity to eat. The school needs to realize that their effort to create a lunch period has failed and the majority of students do not like the additional hours added to the day.

Paint the Town Red

New nail polish innovation aims to spare women the trauma of sexual assault

By **Yenitzia Lopez and Jillian Kopp**
Staff Writers

Manicures are about to become a necessity for a night out in more ways than ever before. *Undercover Colors* is a new nail polish developed to change your nail polish color upon detecting date rape drugs in your drink. It was developed by four undergradu-

ate students at North Carolina State University.

Although the exact sale details of the polish have not been released, the idea of such a convenient sexual assault prevention product has people talking.

Although there are other date-rape drug detectors on the market, such as drug-sensitive coasters, cups, and straws on the market, the sim-

ple convenience that the nail polish offers makes the available products look obsolete and cumbersome.

"I don't think that it will be that effective," said junior Rory Halloran. "...you have to touch the drugs with your hands, and if it's in your drink, you're not going to be feeling your drink."

According to the Center for Disease Control and Pre-

vention, one out of every four women is a victim of sexual assault. Some argue that the nail polish, while useful, still puts the responsibility on women to prevent their own sexual assaults. This tactic is known as "victim blaming." Ultimately, the pressure should be on men to understand consent.

But again, the polish is only in the early stages of its development. On ajc.com, *Undercover*

Colors creators state "Through this nail polish and similar technologies, we hope to make potential perpetrators afraid to spike a woman's drink, because there's now a risk that they can get caught." Rohypnol (known more commonly as "roofies") have no smell, taste, or texture. They dissolve completely in liquid and cause memory loss and unconsciousness similar to being heavily intoxicated.

NEW LEARNING PODS AT LJHS

By **Vivi Bonomie**
Staff Writer

The new school year brings forth a lot of change for students at La Jolla High, such as new schedules, new lockers, new friends, and now, new desks. When students and teachers walked into the classrooms of our school after summer vacation, they all seemed surprised at the new furniture that had invaded our classrooms. These new desks, or "learning pods," have sparked quite a bit of debate between students and faculty.

Many people seem to have mixed feelings about the new desks, most arguing that space is a big issue, while others note that they don't really understand the change. Dr. Podhorsky, when asked what his rationale was for changing the desks, stated, "Student com-

fort. I want the students to be comfortable. I go to so many meetings where the desks are uncomfortable, and I want the students to be as comfortable as possible."

While spacing does appear to be an issue, freshman William Hartford agrees with our new principal and also enjoys that the desks can be formatted into groups, saying, "It gives you an opportunity to sit in a group fashion, and I think that's a lot nicer, it's a little more convenient than sitting by yourself in a traditional

classroom." He also stated his belief that people tend to like new things in general.

While William's statement

Foerster said, "It's nice that there's no crusted gum underneath the desk, but it's kind of inconvenient for the flow of the classroom."

When asked if she believed that they helped create a more collaborative environment, she replied, "In most classes, collaboration just doesn't really work, unless you are with a group of peers who share the same passion as you".

She continued to say that most kids in AP classes don't benefit from these desks because in college, group work

isn't usually allowed.

Juniors Lucy Barton and Kalid Teodosio both mentioned that the angles of the desk make it hard to face the front of the room, claiming that the desks are "awkward" and "too big." Kalid added that you are basically facing the person next to you, while Lucy similarly said, "In some classes, I'm facing away from the board and it's hard to take notes."

The chairs of the learning pods also pose a huge inconvenience to the custodians. In order to vacuum the floors, all the chairs must now be stacked on top of the desks, wasting precious cleaning time and further burdening our already hard-worked and underappreciated cleaning staff.

While most students agreed that while they are more comfortable, many considered the change unnecessary overall.



Photo Courtesy of Shane Lynch

Farm to Fridge

By **Sophia Dorfman**
Staff Writer

Going to the farmers markets has been a tradition in my family since I can remember, even before I moved to San Diego. We love supporting the locals and getting fresh produce on our weekly adventure. Something about restocking your fridge from a farmers market makes you feel closer to the community. The farmers can come from all over California to provide our area with great ingredients and products. Not only are you supporting the farmers when you go to the markets, but also local businesses.

You can find such a wide variety of fruits, veggies, and prepared foods, from yellow and orange raspberries to green juices to Mexican

food.

Some of my favorite stands for produce are Suzie's Farm and J.R. Organics, both with outstanding selections of the in season harvest. My favorites for the prepared items are WOW Waffles, the raw food stand, Joes on the Noes (Coffee), the panini stand, and Bitchin' Sauce. For those of you who like kombucha, there is a great stand for it with the addition of all things fermented called Happy Pantry. Plus, there are multiple stands that sell stunning flowers. You can have breakfast, get coffee, listen to music, hang with friends, and buy some goodies for later in the week.

The popular farmers markets in the area are in Pacific Beach (Tuesdays), Little Italy (Saturdays), and La Jolla (Sundays).

Taking a trip to the

farmers market is an all around fun thing. If you have never been to one, you should definitely go at one point. Drink coffee, run into some of your friends, buy some strawberries and peaches, or go on a date with your dog. Get out of the house, for all the right reasons.



Photos Courtesy of Sophia Dorfman

FLASHBACK TO THE 1920'S



By Ana Gimber
Staff Writer

La Jolla High School has changed a lot from its beginnings. After interviewing Mrs. Erikson, an alumni from 1962, the Hi-Tide uncovered some interesting LJHS history.

The school started in 1922, when Ellen Browning Scripps donated the land where the football field is now, which at one time had been a dairy farm. At first, the school opened as a junior and senior high school with grades ranging from seventh to tenth. The 1925 graduating class was made up of only eleven students.

Unlike our nicknames today,

the seventh graders were called “Pea Greens” and the eighth graders were called “Cabbage Heads.” The ninth graders were simply left alone.

The 800 building was called “Pea Green Hall” because of its color.

After the earthquake in Los Angeles in 1976, all the school buildings in the state of California were examined for earthquake safety. Many of the school’s buildings were not up to code, so they were torn down.

The whole layout of the campus was shifted westward and overtook some residential area to fit the parking lot and softball field, while the gyms stayed.

Our field was the first turf

field in California and was chosen because it provided less maintenance and fewer injuries from the old torn up grass field.

LJHS was also the only school in the district to own a pool. In order to build the pool, the road was moved closer to the hill where Muirlands is located. We had swimming as a sport before, but the team had to travel to a different pool, like the one at the JCC in University City.

Although there were cars, students still walked and biked to school. There were no houses on Nautilus, so the students didn’t have to find other ways of transportation to avoid walking up the hill.

Over its ninety two year history, LJHS has completely changed.

New Cafeteria Food Changes



By Kieran Bauman
Staff Writer

La Jolla High cafeteria food has seen some big changes to the menu this year, leaving many students confused. Marcia Rohrbaugh, cafeteria worker, stated “It was done for nutrition.... we needed less salt. These give us more balanced meals”. One major change was “more fresh fruits and vegetables, along with healthier main dishes”.

The tortilla soup has been replaced with Mandarin chicken, and a brand new dish, the Fiesta Dip, has been added. Sharron Stonebraker, another cafeteria worker, when asked about some of the changes, said, “Once a week now we have a grilled chicken breast sandwich instead of a chicken

patty on Wednesdays. We’ve also added an all beef hotdog to the BBQ”.

All of these orders are district wide, and they are affecting all SDUSD schools. The government has passed multiple acts to improve nutrition.

Pretzels have been added to the cart near the Office, and the status of Dominos Pizza is currently unknown. “I have school lunches everyday,” said senior Thomas Garcia. “It’s been that way since 8th grade.”

Upon being asked the quality of the school lunches, he said, “They’re not bad...they can be pretty good, but not bad... The menu hasn’t changed a lot over the years, but I do like the changes from this year, especially the new chicken sandwich.”

RECIPE OF THE MONTH PUMPKIN BREAD

Spice up the beginning of fall with homemade pumpkin bread as a way to show your festivity.

By Sophia Dorfsman
Staff Writer

Although we may not want to accept it, fall is here. This season is great for many reasons, but mainly because of all the delicious flavors that are associated with it such as cinnamon, apple, pecan, and pumpkin. One of my favorite things to make around this time of year is pumpkin bread.

This recipe, created by my mom and I, is super-simple and requires no kitchen machines. Measuring and mixing should take no more than 30 minutes!

My mom and I have had a cooking blog since August of 2010. We share recipes that we have created and cookbook recipes that we have tweaked to make our own.

PUMPKIN BREAD

Makes two 9 x 3 x 3-inch loaves

Topping

1 tablespoon unbleached flour
5 tablespoons sugar
1 teaspoon cinnamon
1 tablespoon butter, room temperature (14 grams)

THIS IS HALLOWEEN

By Tristan Macelli
Staff Writer

Every Halloween, a flock of people come to La Jolla for a safe place to trick-or-treat. If you have ever been to La Jolla on Halloween, more specifically Bird Rock, you will know that it is a very popular place to be.

Many La Jollans also come to Bird Rock seeking friends, parties, and candy. The streets become clogged around six o’clock, and do not clear up until ten, so driving is not an option.

The police are in good numbers to ensure the safety of the homeowners and trick-or-treaters, often patrolling around on foot while leaving a few cars stationed around the Bird Rock area.

One of the main attractions in Bird Rock are our local haunted houses.

One in particular, the haunted house on Forward Street, has become very popular and

has expanded greatly in the last few years.

In the last year they created two routes, one for the daring and a latter for the less courageous. They always seem to get a line halfway down the street every year.

The props and actors used are frightening and compare to many other San Diego Halloween attractions, and in certain cases, are better than those of the attractions.

Another big reason to venture to the small town of Bird Rock on this fun night is the many family parties and prospects of finding friends.

Even if you are coming by yourself it is not hard to find a group of friends in Bird Rock on this night. These friends usually have a good idea of where and when the house parties are, so you will never be bored if you come.

So whether it be for the haunted houses, the friends, or parties, you will find a good time coming to Bird Rock.

mixing bowl. Place the eggs in another large mixing bowl and whisk them for 15 seconds to break their yolks and incorporate them into the whites. Add the pumpkin, sugar, and cooled melted butter. Stir the ingredients until fully combined.

Add the flour mixture to the wet ingredients at once and once again, stir to combine. Divide the batter over the two buttered loaf pans and sprinkle the topping all over the batter.

Place the baking sheet in the oven and turn on the convection (if you have it). Bake for 60 minutes or until the cake bounces right back when you gently press on it or when a tooth pick comes out clean after inserted in the center of the cake. Place the cake pans on a cooling rack for 2 minutes. Using oven mitts, place them gently on their side and shake out the cakes. They should come right out. Just straighten them back up and let them cool.

These cakes freeze exceptionally well. If you chose to freeze one, do it as soon as it is cooled to room temperature.
(Recipe courtesy of pandsoph.com)

LJHS CLUBS

**Get involved. Help the community.
Support your school. Become culturally enriched.**

Academic League	CSF (California Scholarship Federation)	Island Style Club	Math Team	Pokemon Club
African-American Club	Dance Club	Italian Club	Middle Eastern Club	Punk Rock Pizza
All About Animals	Drama Club	Junior Engineers	Mock Trial	Raising Miracles
ASB Freshman Class Council	Faces of the Homelessness	Key Club	Model United Nations	Robotics
ASB Junior Class Council	Faith Club	Kindness Counts Club	Mormon Club	Sailing Team
ASB Senior Class Council	Fashion Club	Latino Scholars	Music Club	Science Team
ASB Sophomore Class Council	Feeding America	Latin Club	Music for Kids	Speech and Debate
AVID	Feeding the Homeless	LJ Wakeboard	My Girlfriend's Closet	Splatter! Club
Blood Drive Club	French Club	LJHS Horticulture Collective	National Ocean Science Bowl (NOSB)	Stocks Club
Bulgarian Club	Game Theory	LJHS Hunger Games	National Organization of Black Chemical Engineers	Student Outreach Club
Caprillo Family Chess Club	Gathering Club	LJHS Kids 4 Peace	No Hate Club (V.A.C.H.I.)	Traveler's Club
Circle of Friends	Improv Club	M.E.Ch.A.	Paws and Claws	U-TOUCH
Cooking for a Cause	Irish Club	Madrigals	Persian Club	Ukulele Club
		Marine Protection Mariners	Ping Pong Party	UNICEF
				Vocal Jazz Ensemble
				Water Project Club



IRISH CLUB

Irish Club is a forum for students to appreciate and raise awareness regarding the Irish culture while building better relationships in torn communities around the world. It has the distinction of being the largest club at La Jolla High.

Irish Club's recent focus has been supporting PacePlayers International, an organization located in Northern Ireland that works to bring children together and teach them tactics designed to improve their communities. The club contributes by raising money and gathering sports equipment helping PacePlayers end religious prosecution by uniting Catholic and Protestant children through sports. Every year Irish Club holds a car wash that donates all its profits to PacePlayers. The last one was held in November 2013, earning the organization nearly \$500. This year, the club plans to host more events in hope of raising publicity and funds for both the cause and the club.

Irish Club thrives on a multitude of club members and welcomes everyone, especially those who have a big heart and the desire to make a difference. The club meets twice a month in Coach Atwell's room, 306.

UKULELE CLUB

The Ukulele Club, created last year by Senior Anthony Stanley, welcomes fellow La Jolla High students to come and spread the aloha spirit. La Jolla's beach community makes the ukulele a common and applicable talent to learn.

The club strives to include the dance, music, and culture of the islands to gain the true aloha spirit. Stanley states, "My hopes and goals are to teach everyone at our school...moreover to have the club keep going after I graduate."

Whether you have experience with the ukulele or none at all, it does not matter, as anyone is welcome to come and learn. Those who have not had any experience are especially encouraged to join and play, because it is a talent students can keep with them for the rest of their lives. Faculty members such as Mr. Quesnell and Mrs. Tenenbaum are being taught how to play. Stanley also plans on teaching Mr. Boyd as well. This club is a great way for students to get involved. Learning ukulele is both a stress reliever and a fun experience. Ukulele Club meets every Tuesday in Mr. Boyd's room, 514.

INTERACT CLUB

The Interact Club has been around for more than 20 years. This club is one of the only clubs on LJHS campus that does charity work around La Jolla and earns service hours for it.

Junior Maya Hildebrand, president this year of Interact Club, said that the club "is a fun and rewarding way to earn volunteer hours." Events that they hold yearly include Taste of La Jolla, the Holiday Food Drive, TJ home-builds, and other volunteer opportunities around La Jolla.

"Interact Club provides member with opportunities to volunteer and develop their leadership skills - all while having fun", says Cal Mann, the club advisor. Interact Club is the club that brings students together to give back to the community. Meetings are every Tuesday in Mr. Kinsel's room, 907.

LJ GATHERING

The Gathering Club is open to anyone who would like to participate. Senior Jonny Espinosa explained how the Gathering Club strives to deepen students' faith spiritually through fun group activities.

Many exciting events are planned like retreats in Julian, winter ski trips, summer camps in Sacramento and then local activities like Sky High and Boomers. A typical meeting normally consists of singing religious songs, performing skits, and hanging out with your friends.

The club was officially started last year by Jonny Espinosa and his good friend, Ethan Hammershaimb, a senior at La Jolla High. Espinosa remarks, in regard to attending, that "all that is needed is your self and an open mind." LJ Gathering meets Monday nights at Stella Maris from 7:30-9:00. The club meets once a week at lunch on Mondays in Ms. Lyon's room, 505, where there is plenty to eat along with fun activities planned.

SCIENCE TEAM

Science Team has a little bit of everything. Students from all grades participate and work collaboratively in the same activities. If you are considering joining a club, Science Team is a great opportunity to make lifelong friendships.

This is not only considered a club, but a "team," allowing all members to participate in competitions and earn academic letters. Whitney Francis, a 4-year member and president of the team, explains that "an academic letter is the equivalent of a varsity sports letter except for academics."

The Science Team bonds over movie nights and barbecues held throughout the year. Alongside the science and social gatherings, various charity events are planned that help the community and also contribute to the charity hours required for graduation. Francis told Hi-Tide, "We help run R.E.M.S. (Rendezvous Engineering Math Science) for elementary school kids," where they set up a science trivia night for the children.

Francis revealed that when she was a freshman she joined as a way of easily making friends. "They welcomed me in with open arms," she said about the other members. Now Francis is diligently involved in the team, working hard to make it better.

For those interested in joining, science team meets almost every day during lunch in Mr. Teachworth's room, 903, with a general meeting every Friday at lunch.



By Andrea Albanez, Creekstar Allen, Joseph Carroll, Grace Kennedy, Ilana Larry
Staff Writers

Photos Courtesy of Charlotte Riedler, Yearbook

FRESHMAN STANDOUTS 2014

By Joseph Carroll
Staff Writer

La Jolla High School has many athletic teams, including badminton, baseball, basketball, cheer, cross country, field hockey, football, golf, lacrosse, soccer, softball, swimming, tennis, track, volleyball, water polo, and wrestling.

It is very difficult for freshmen to play on the varsity teams, since they have to compete with students who are older and more experienced.

However, some freshmen have made the varsity teams due to their hard work and hours of practice.

Nikki Collins, who made the varsity field hockey team as a freshman this season, says that “during the summer

of 8th grade I did camps with coach Conway and I practiced at home with my sister.” She went on to note, “I expected to get on varsity because I worked really hard over the summer.”

Alexandra Kuo, who is on the varsity tennis team, also talked about how important it is to practice over the summer. “I spent my entire summer playing tennis and practicing and playing in tournaments. I did expect to get on varsity because I practiced every day in the summer and worked really hard.”

However, not every freshman wants to be on varsity. Freshmen on varsity teams are less likely to get as much playing time as their older teammates. They may also feel overwhelmed by playing with other students who are often

bigger, faster, and stronger. In sports such as football, older students can outweigh the other students by more than 100 pounds, creating a potentially dangerous situation in certain cases.

The benefits of playing as a freshman outweigh the risks for many students. Nikki Collins says, “I really like being on the team with such nice people and especially having my older sister on the team because she makes it really fun.”

Alexandra Kuo says, “I will try to play in college because that’s what I want to do and I think it’s going to help me get into a good college.”

So, when you see a freshman playing on a varsity team, know they got there through hard work and perseverance.



Photos Courtesy of Creekstar Allan

The stands are full as the Viking supporters cheer on their team.



The Vikings and Knights come face to face as the Vikings begin their next play.



BLAST OFF 2014



The referees discuss their last call during Friday night lights on La Jolla Viking’s home field.

Varsity



Water Polo

Photo Courtesy of WikiCommons

By Lucy Fitzmaurice
Staff Writer

At La Jolla High, all sports practices can be grueling. One sport that stands out above the rest is men’s water polo, coached by Tom Atwell, one of La Jolla’s social studies teachers.

The team starts training during the summer, but the real commitment is the dreaded “hell week”, which is when the players are asked to be up at the pool Monday, Wednesday, and Friday, from 5:15 am to 6:45 am. Every morning they will crank out 6,000 yards of swim sets. After school practices then add another 4,000 yards, for a total of 10,000 yards each day. That is the equivalent of swimming from the cove to the Scripps Pier two times, which is about 6 miles.

Water polo requires the players’ bodies to be in top physical condition, being able to endure lots of exercising both in and out of the water.

Besides being in the pool, the

team bonds out of the water as well. Senior and 4-year La Jolla High Varsity veteran Jake Lebeau believes bonding outside the water is a big part of the seasonal experience.

“We eat together after every practice and talk about how Atwell murdered us,” says Lebeau. Being a team in and out of the water is just as important as winning CIF.

This year the team is especially pumped to beat Bishops, LJHS’s biggest water polo rivals, at the CIF games.

Because of new CIF regulations, practices have been split up differently compared to past years. Swim sets and training schedules have been revised to fit in the proper training and the correct amount of conditioning. “Atwell has done a great job,” says 4-year varsity player Matt Allen. “It’s not easy. Everyone is trying to push each other.”

This year, the team has gained a strong bond and spirit between newbies and the older, more experienced players.



Jake Harvey runs the LJ Vikings flag across the field.



The cheerleaders pump up the crowd.



The Vikings go over plays between quarters.

NEW YEAR, NEW COACHES

By Jillian Kopp
Staff Writer

With each new school year comes many exciting changes, both in and out of the classroom. This year, La Jolla High School had the privilege of welcoming two new coaches for both tennis and field hockey.

Blair Moses
Girls’ Tennis

Q: How long have you been playing tennis?
A: I started playing tennis around 10 years old. I took lessons at the La Jolla Recreation Center from Bob Perry and at the La Jolla Beach and Tennis Club under Bill Bond. My favorite summer camp was Kavanaugh Tennis Camp in Oceanside, and I looked forward to going each summer.
Q: Are you worried or stressed out about anything? What is your biggest concern?
A: My only goal is to have each girl learn to love tennis and personally take their game to the next level. Six weeks is not a long time so I hope they are inspired to work on the sport off season and come back next

year shooting for varsity.
Q: What, so far, is the hardest part? The easiest?
A: The hardest part so far was realizing that I could not take all the girls that were interested in being on the team. The easiest has been the wonderful group of girls.
Q: Do you plan on continuing this next year as well?
A: I hope so.
Q: What part of coaching has been the most fun so far?
A: I played on these courts in high school under Coach Maggie so lots of fond memories are coming back to me. This year’s group of girls are fantastic and that makes it fun to come back each day.
Q: Do you think you were prepared for this position? Is it what you expected?
A: I was asked to do this job a week before school started, so I was not prepared. Coach Lisa, who is the varsity coach, has been very supportive and helpful. Each day I try to prepare a game plan and so far it has gone smoothly, again, thanks to a great team.
Q: Anything else you would like to add?
A: Tennis is a lifelong sport so

I hope my team can find the love.
Q: Can you tell me a little bit about yourself in relation to the sport and coaching?
A: I played 3 years at Bishops under Coach Bill Scott and 3 years at La Jolla High under Coach Maggie Quita. After high school I did not play tennis for awhile and about 16 years ago found the love again. I play on numerous county wide women’s and mixed A/AA level leagues and have played in many doubles tournaments (mixed and women’s 4.5 level).

Coach Parma
Field Hockey

Q: How long have you been playing field hockey?
A: I’ve been playing field hockey for seven years since my freshman year at La Jolla High School.
Q: Are you worried or stressed out about anything? What is your biggest concern?
A: To be honest, I was a little nervous at first because I had never been a coach before. However, now that I’m a few weeks in, those worries have

faded away. I’ve already seen a huge improvement from all the girls and each day is getting better and better.
Q: What so far is the hardest part? The easiest?
A: The hardest part is that I wish I could just jump in and play! The easiest part is that this position completely suits me. I love the sport and love being outdoors, staying active, and living a healthy lifestyle.
Q: Do you plan on continuing next year?
A: I’m not sure yet. We will see where life takes me.
Q: What part of coaching has been the most fun so far?
A: The best part is that I’m part of a team again! I’ve grown up my whole life playing team sports. I played field hockey, basketball and softball at La Jolla High School. The friends I made from these teams and the memories we created together have been some of the best memories in my life. It’s even more satisfying now that I’m the coach. It’s fun to watch the girls improve their skills, bond as a team and develop a love for the sport as I did when I was their age.
Q: Do you think you were pre-

pared for this position? Is it what you expected?
A: I’ve been playing field hockey for seven years now so teaching the game has been a comfortable transition. Thankfully, Coach Mittermiller has been a great mentor!
Q: Anything else you would like to add?
A: I’m extremely thankful to have the responsibility to coach for La Jolla High School. I absolutely love my position so far and I’m glad to give back to the community that I grew up in. Special thanks to Paula Conway! I loved playing for her in high school and she has been such an inspiration over the years. Also, special thanks for Coach Mittermiller! Not only is she the backbone of the JV team, but she is responsible for bringing the field hockey program to La Jolla High School.
Q: Can you tell me a little bit about yourself in relation to the sport and coaching?
A: I started playing field hockey my freshman year at La Jolla High as a forward and midfielder. I also played club at the University of Colorado at Boulder as starting forward.

CIF Rule Changes

By Lauren Robbins
Staff Writer

Every high school athlete at some point in their career should review the code of ethics because it is the basis of all the rules and regulations. The governing body for high school sports in California is the non-profit organization CIF, which stands for the California Interscholastic Federation. To govern such a massive amount of students, CIF has a list of bylaws and rulings, as well as a code of ethics that guide each sport. Without these rules, there would be no equality and fairness for each team. Below is a list of 10 statements, provided by CIF, that we all must respect and abide by.

1. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. Eliminate all possibilities which tend to destroy the best values of the game.
3. Stress the values derived from playing the game fairly.
4. Show cordial courtesy to visiting teams and officials.
5. Establish a happy relationship between visitors and hosts.
6. Respect the integrity and judgment of sports officials.
7. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. Encourage leadership, use of initiative, and good judgment by the players on a team.
9. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. Remember that an athletic contest is only a game not a matter of life and death for player, coach, school, officials, fan, community, state, or nation.” (*Cifss.org*)

These rules might seem like common sense but there is a reason and event behind each one. Our goal as student athletes is to play a fair game and to give each other the respect in which we would want returned. There is a difference between determination to do well and outright aggression.

REDemption

By Shane Lynch
Media Editor

Last Friday, La Jolla’s varsity football team faced off against Clairemont, in what was dubbed Blast Off Part 2, the “REDemption.” Fortunately for La Jolla, the Vikings came out on top with a final score of 41 to 0. The game was met with a high number of spectators, eager to see a home game win after the ill-fated showdown with Bishops at the beginning of September. The

aforementioned game was perhaps one of the most tense and well-attended games in recent La Jolla history, spurred by a trash-talking Bishops video entitled, “Rally the Dungeon.” The video caused a great deal of backlash on social media, culminating in fights and arguments after the big game. Regardless of the outcome, students were invested in the game like never before. This goes to show that high

school athletics are not so much about winning or losing, but rather about bringing students together to rally behind their peers. With clubs like Viking Ship having emerged this year and events on Facebook advertising sports events, enthusiasm for La Jolla sports is higher than ever. We applaud our Vikings for their most recent victory, and look forward to many more successful football games to come.

UPCOMING SPORTS EVENTS

<u>FOOTBALL</u> VS. CORONADO @ 7:00 10/3/14	<u>FIELD HOCKEY</u> VS. DEL NORTE @3:15 10/7/14 <u>VOLLEYBALL</u> VS. SCRIPPS RANCH @4:45 10/10/14	<u>TENNIS</u> VS. SCRIPPS RANCH @3:00 10/7/14
<u>WATER POLO</u> VS. CATHEDRAL @3:30 10/3/14	<u>GOLF</u> VS. SAN DIEGO @3:00 10/7/14	<u>CROSS COUNTRY</u> VS. UNIVERSITY CITY @3:00 10/7/14

Common Core

New year, new standards.

By Kieran Bauman
Staff Writer

Recently, San Diego Unified School District has had a major change in modus of operation. This change has taken the form of the new Common Core Standards. Most people have heard of this Common Core change, but not many realize what this means.

“Common Core is a new set of nationwide standards...all states but two have chosen to use it [Common Core]...These standards are the same all over the country, for all teachers,” says La Jolla High School English teacher Amy Kuehl. The main purpose of this change is to unify school systems around the nation.

According to Kuehl, there are major changes to the math, science, and history curriculums.

These changes were made to increase efficiency and the overall rating of our system. Students can be expected “to have a more rigorous workload...to not just be able to regurgitate information, but to really be able to analyze different subject matters...to develop the skill of processing information at a high learning level,” says Kuehl.

This, however, brings a new host of problems, one of which is that the current textbooks are not updated for the new Common Core Standards. They hold older information that follows the previous standards. Some of the textbooks available in the library are ancient.

Upon being asked on when Common Core will be implemented, Mrs. Kuehl said “Test-

ing will be done on Common Core for the first time this year, and it will be implemented soon.”

According to the official website for the new Common Core, the new system will be built around improving so that American schools can compete against more advanced educational programs around the world.

The website also says that in order to implement Common Core, money must be spent on new textbooks and to teach our teachers the new standards. It also says, however, that once this is done, education will be more efficient, leading to saving in spending.

It was implemented to keep up with the new advances in technology; why should education be held back by a lack of involvement with technology?

According to the Common Core official website, “Common Core enables collaboration among states on a range of tools and policies, including the development of textbooks,

digital media, and other teaching materials....”

It also states that Common Core will bring about new standardized tests, including the Partnership for Assessment of Readiness for College and Careers (PARCC) and the Smarter Balanced Assessment Consortium (Smarter Balanced). These tests are expected to be implemented this year.

According to junior Tom Godek, the “old way [of teaching] is fine. I think it will be hard for them to accomplish this goal they [SDUSD] have set.” This brings up many other questions such as what will happen if Common Core is unsuccessful? When asked about how Common Core will benefit the school, Godek replied, “I don’t believe it will benefit the school...[the reason being] that it has not yet affected me in my classes yet...”

Overall, students should be readying themselves for this change, for Common Core has set the grand goal ahead of itself of reworking all of SDUSD’s school systems.

New SAT Changes

Drastic changes made to the 2016 SAT

By Sophia Ketring
Staff Writer

Attention all freshmen and sophomores that are planning on taking the SAT after March 2016: College Board will be making quite a few changes to the SAT, effective March 2016. Multiple changes are being implemented the SAT form for 2016 by College Board’s president David Coleman. Coleman has addressed many complaints from students, teachers and parents about the SAT. This has resulted in the new SAT that will be now scored on a 400- 1600 scale as opposed to the current 600- 2400 scale.

One change to the SAT is that the essay portion of the test is no longer required. Currently when you take the SAT the first section you take is the essay portion. Each student is given twenty five minutes to give their position on a selected issue. In 2016, the essay will be optional, but if you choose to take it you will not start it until the end of the test.

In addition to the essay now being administered at the end of the test, you will now be given fifty minutes to complete it. Students who choose to take the essay are required to read an excerpt from a piece of text and write a written analysis.

One of the other main changes that will be happening to the SAT in 2016 is the type of vocabulary students are tested on. According to College Board’s website, the “redesigned SAT will focus on relevant words, the meanings of which depend on how they’re used.” College Board says students will no longer need to use flashcards to remember obscure and different words because the words will all be ones used in the classroom environment.

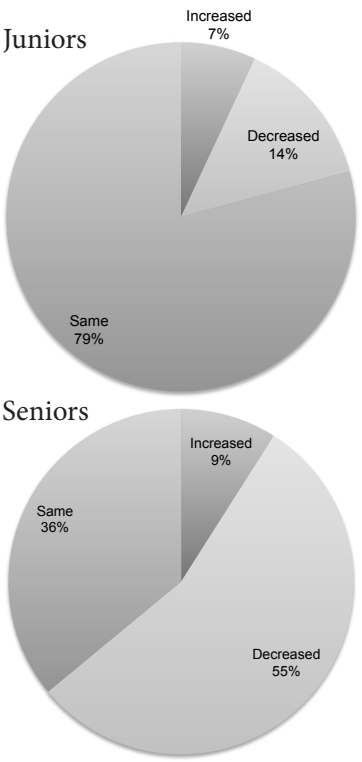
Another update is that there will be free online SAT prep available to everyone. According to Collage Board, their decision to make free SAT prep available online with a partnership with Khan Academy is because they want the test to be solely based upon one’s knowledge not the amount of money paid to obtain a high test score.

For everyone taking the SAT in March 2016 or after this is all the information that you need to know about the SAT changes. Good luck!

HEAT WAVE HALF DAYS

By Ilana Larry and Lauren Robbins
Staff Writers

How did the half days affect your homework load?



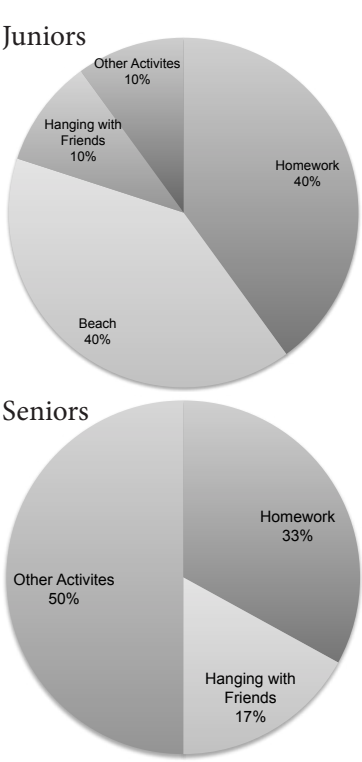
Did the half days on September 15th and 16th interrupt your classes, causing lessons and tests to be postponed to later in the week?

The heat wave that sweltered San Diego during the week of September 15th caused many San Diego City Schools, including our own La Jolla High School, to send students home early due to the heat. The school district demanded all schools without air-conditioning in every classroom, more than 100 campuses, operate on a minimum day schedule.

The district monitored the heat wave and decided to prolong the schedule to Tuesday due to the continuous heat, but on Wednesday class returned to its normal schedule. After the two consecutive half days, a poll was sent out to multiple classes that were a representative sample of our school to show how students felt about the minimum school day.

Overall, the students seemed to have a general consensus that the good outweighed the bad. A majority of students claimed that the half-day schedules didn’t affect their classes, homework load, or sports games.

How did you spend your free time?



The Fall of Ray Rice

By Lauren Robbins
Staff Writer

Domestic violence has been an issue with National Football League players for quite some time now and it’s no surprise that the media is wrapped up in the latest drama involving Ray and Janay Rice.

The first report of the incident arose on February 15th 2014, when Ray and Janay were arrested on assault charges, which is the least serious of-

fense in the category of assault.

Following the arrests, a video surfaced of Ray dragging his then fiancé’s unconscious body out of an elevator. This sparked disappointment from the public and caused the NFL to give Ray a punishment of a two-game suspension.

The Raven’s general manager Ozzie Newsome and NFL Commissioner Roger Goodell did not have much to say regarding the incident. Newsome and Goodell, as well as the Raven’s franchise, did not look that far into the

incident because at the time they regarded it as somewhat of a personal matter, even though the NFL gave Rice a two-game suspension.

As for Janay, her charges of simple assault were dropped, and she continued to support her soon-to-be husband.

A few months later, TMZ obtained the video from inside the elevator and shared it with the world. The video shows Ray spitting on Janay and then punching her in the face, knocking her out.

This caused a massive out-

cry of rage and disgust from the public as well as from the Ravens franchise. Rice’s contract with the Ravens was terminated that same day and he received an indefinite suspension from the NFL.

Due to the original punishment of only a two game suspension, Goodell received flack for the policy regarding players’ domestic violence issue. In return he changed the policy to entail a six game suspension with no pay for the first offense and a lifetime ban for second offenses.

Now Playing in France: Netflix

By Sophia Ketring
Staff Writer

Netflix, an online video service frequently utilized by many, is now available in France as part of their European expansion. By the end of September, Netflix will be available in thirteen European countries. Netflix's expansion into France has brought controversy and problems among different French competitors.

According to *USA Today*, because Netflix's headquarters are not in France, they will not have to follow French law that states that forty percent of the programming on TV and radio must be of French origin. Netflix is expected to negativley affect French competitor Canal+. Netflix is able to bypass French law because according to the *Wall Street Journal*, they are in the process of moving their headquarters from Amsterdam to Luxembourg.

Canal+ is a big investor in new

French films and TV shows. If their subscription numbers are reduced by Netflix, many up-and-coming French filmmakers will lose the oppourtunity to find success. Even though Netflix is able to work through the regulations, they still, according to *Fox News*, will have to pay a two percent tax if their earnings per year are more than 10 million dollars effective in 2015.

Canal+ already has the rights to *House of Cards*, Netflix's hit series. But according to the *Wall Street Journal*, Netflix is in the process of creating a new French television show *Marseille* that is similar to "House of Cards". Famous French producer, Pascal Breton, will produce the new French show. The show *Marseille* will be based in France's second largest city, Marseille, and be political. The show is expected to start production in the spring of 2015.

Art Becomes Life Orange is the New Black

By Vivi Bonomie
Staff Writer

When Lauren Morelli became a writer for hit TV series *Orange is the New Black*, she never expected her life would so dramatically change.

This series is known for its display of various lesbian activities, so it comes to no surprise that Morelli found herself questioning her sexuality while she wrote love scenes between the main character, Piper Chapman, and her ex girlfriend, Alex Vause.

“I went through it all on set: I fell in love with a woman and watched my life play out on screen”

Morelli came out in a written piece on *Mic.com*, where she shared she realized she

was attracted to women “in Fall 2012, one of my first days on the set.” According to her essay, she had already begun repressing her attractions before she worked on the show, but watching the love scene she had written unfold before her eyes empowered her to come out. “I went through it all on set: I fell in love with a woman and watched my life play out on screen,” she shared.

Morelli married her ex-husband Steve Basilone after a six year relationship. She realized she was gay five months into their marriage, but did not file for divorce for another two years. “I was so deep in my own self-doubt that I constantly felt like a fraud,” she stated.

After she finally came out of the closet and filed for divorce, she soon thereafter made an appearance at the Emmy's with new girlfriend Samira Wiley, who plays Poussey on *Orange Is The New Black*.

Morelli looks back at her time in the closet and says, “I am not perfect. I would rather be comfortable than brave. I also wouldn't mind your approval because that always feels nice.”

Robin Williams

Beloved actor Robin Williams passes away and fans across the world celebrate his life.

By Yenitzia Lopez
Staff Writer

Robin Williams took his life on August 11, 2014, and according to *CNN*, his last years were spent battling bipolar disorder and coping with his terminal diagnosis of Parkinson's disease.

According to *TMZ*, “(Williams) had been receiving treatment for depression. Williams had been severely depressed and went to a Minnesota rehab facility last month.”

Everyone knew Williams for portraying very comedic characters in all of his movies and never failing to put a smile on the faces of all.

“Everyone knew Robin for portraying very comedic characters in all of his movies and never failing to put a smile on the faces of all.”

Fall Movie Calendar

By Ilana Larry
Staff Writer

October 3rd Annabelle Gone Girl Left Behind Hector and the Search for Happiness
October 10th Addicted Dracula Untold The Judge Alexander and the Terrible, Horrible, No Good, Very Bad Day Automata Kite Meet the Mormons Whiplash Kite Meet the Mormons Whiplash
October 17th Men, Women & Children Fury The Book of Life A Matter of Faith Dear White People Guardian Angel Housebound The Young Ones

Laggies Lowdown Ouija Paranormal Activity 5 Revenge of the Green Dragons White bird in a Blizzard
October 30th ABC's of Death 2 Before I go to Sleep Horns Night Crawler Invasion of the Body Snatchers
November 7 Interstellar Big Hero 6 The Theory of Everything
November 14 Foxcatcher Beyond The Lights Dumb and Dumber To
November 21 The Hunger Games: Mockingjay- Part 1 The Imitation Game V/H/S: Viral

October 24th 1,000 Times Goodnight Happy New Year John Wick

November 28 Horrible Bosses 2 Penguins of Madagascar

The Glorious Return of TV

By Sarah Rainsdon
A&E Editor

As many of you know, fall is television premire and renewal season, when all of our favorite TV shows come out of hibernation and we spend what seems like an eternity catching up on the numerous shows we missed so dearly over the summer.

Although this season signals the return of many of our beloved shows, it also means that there are some new shows. So far this season, every network has had wonderful ratings on some of their new shows like *Gotham* on Fox and *Scorpion* on CBS.

Returning shows, such as *Big Bang Theory*, *The Voice*, and *The Blacklist* appear to be going strong, and according to the *New York Times*, they have surpassed their initial viewing projections by several million.

American Horror Story, a show popular among young adults, is also projected to do very well with their fourth season, *Freakshow*, premiering October eighth.

Freakshow, created and produced by Ryan Murphy and

Brad Falchuk, will feature the partially returning cast present in all seasons of *American Horror Story*, featuring Evan Peters, Jessica Lange, Kathy Bates, and Sarah Paulson. The plot will encompass one of the few remaining American freak shows in 1952, located in Jupiter, Florida.

Bones, a crime show still going strong in its tenth season this year, premiered on September 25 on Fox Network. The show itself, created by Hart Hanson and starring Emily Deschanel as Bones and David Boreanaz as Booth, encompasses an American comedy-drama based on forensic anthropology and archeology whilst connecting the lab work to a FBI case.

According to the *New York Times*, this show also started off the TV season with high ratings and an exceeded projected audience number.

Overall, although there are no extremely impressive new series' that have premiered this year, 2014's returning TV shows have had a wonderful kickoff and hopefully will not dissappoint.

“It's sad to think about what people are feeling on the inside and what they are conveying on the outside, it's terrible,” stated junior Jacob Rosenblatt in regards to William's passing.

Williams did work hard to keep his personal life very private, which was part of the reason why his struggles were so intense. “He, as an actor, had also a lot of pressure, and of course he had a private life that a lot of his fans didn't know about. It's tragic, it's not a good thing ever but it's definitely a big loss,” said junior Madison Leone.

Just because we have physically lost a comedy king does not mean we will forget him through spirit. Fans all over the country showed their condolences by leaving flowers and cards on the *Good Will Hunting* bench in Boston and writing messages with chalk on the concrete next to it, saying their “thank you's” and “goodbyes”.

“He will definitely be remembered for his ability to make comedy. I thought he was a comedic genius,” said junior Curran Roberts. There is no doubt in anybody's mind that Robin Williams will be missed.

Riffs Studios

By Ilana Larry
Staff Writer

On La Jolla Blvd. next to Don Bravo's, lies Riffs Studios, a one-of-a-kind music shop that offers a variety of services for both music-lovers and yogis. The studio has two locations: Park City, Utah where it began and La Jolla, California.

The studio was created with the goal of building a music shop that would be inviting, part of the community, and a local gathering place for people to appreciate and enjoy music.

The two stores are not the same. While the Park City location was established as a music shop with a coffee bar, the local studio offers a cross between a yoga studio and a music shop. The location functions in music lessons and in-

strument repairs, in addition to selling instruments like acoustic guitars, ukuleles, mandolins,

“The studio was created with the goal of building a music shop that would be inviting, part of the community, and a local gathering place for people to appreciate and enjoy music.”

and banjos. Riffs also works with Santa Cruz and Huss & Dalton to build custom guitars.

The local studio is most famously known for their outdoor venue, The Yoga Yard, where they offer live music-yoga sessions with a wide variety of local performers and yoga instructors.

The deck, built of Redwood, is surrounded by bamboo and banana trees and is covered by a mesh canopy to protect the classes from too much sun, creating an ambiance unique to Riffs.

The Yoga Yard is used daily for live music yoga classes and workshops and the studio even offers occasional retreats to Mexico for yoga and surfing in the past!

The classes, which are dispersed throughout the day, offer both standard classes and classes that feature live music. The yoga styles recently explored in classes

have ranged from Vinyasa, a style in which the movements are synchronized to the breath, to Gentle Hatha, a style known for not being strenuous. Riffs occasionally offers other classes and workshops as well.

Riffs Studios is a local shop without equal, offering the unique combination of yoga and music. The Yoga Yard hosts a variety of yoga classes and acts as a gathering place for locals to enjoy its features.



Photo Courtesy of Ryan Robson

Fall Concert Calendar

By Ilana Larry
Staff Writer

October 1st- Soma Bombay Bicycle Club, Milo Greene	October 4th - Viejas Arena at Aztec Bowl SDSU, The Eagles	October 16th- North Park <i>Theatre</i> Washed Out	October 23rd- House of Blues The Janoskians	November 9th- Viejas Arena The Black Keys, Jake Bugg
October 2nd- House of Blues San Diego American Authors, The Mowgli's, Echosmith	October 6th- House of Blues Angus and Julia Stone	October 19th- Sleep Train <i>Amphitheater</i> Zac Brown Band, Sturgill Simpson	October 25th- North Park <i>Theater</i> War Paint	November 10th- Belly Up <i>Tavern</i> All American Rejects, P.O.D., The Workday Release, Austin Burns
October 3rd- Harrah's Resort Blondie	October 7th- House of Blues Anberlin	October 21st- House of Blues Charli XCX, Elliphant, Femme	October 24th- Soma Alt-J, LoveLife	November 15th- The Casbah Tegan & Sara, Waters, The Courtney's
October 4th- House of Blues Pinback, Tara Melos	October 8th- Soma Chromeo, Wave Rider	October 22nd- Humphrey's Erasure, Superhumanoids	October 24th- Sleep Train <i>Amphitheater</i> Luke Bryan, Cole Swindell, Lee Brice	November 19th- BellyUp Cold War Kids, Avid Dancer
	October 10th- Open Air Theatre Lorde, Majical Cloudz		October 30th- House of Blues New Politics, Bad Suns, SomeKindaWonderful	November 19th- Viejas Arena Bastille and Last Stand
			October 31st- North Park Theatre Cut Copy	November 21st- Soma The 1975

Warhol: Shadows

By Sophia Ketring
Staff Writer

From now until February 2nd, 2015, the Museum of Contemporary Art, Los Angeles will be displaying Andy Warhol's "Shadows." This is the first time this Andy Warhol collection has been presented on the West Coast.

Andy Warhol was a Slovakian pop artist who in the 1960s painted iconic American items such as Muhammad Ali, dollar bills, Marilyn Monroe, Campbell's Tomato Soup, and Elvis Presley.

According to the *Washington Post*, his work was very popu-

lar and controversial, because it capitulated consumerism.

Warhol's work represented his opinion on society: materialistic and distorted. The Shadows exhibit displays a different aspect of Andy Warhol's style. According to MOCA's website, "Shadows" first installation was at 393 West Broadway in New York, and featured eighty-three panels. Sixteen of those were displayed privately in a back room of the gallery.

Warhol drew inspiration from various photographs he took of shadows in The Factory, Warhol's New York City studio. Warhol made this work in the

mediums of silk screening and hand painting. He played with the differences between the positive and negative prints of the photos to create all of the different panels of "Shadows". The MOCA Director Philippe Vergne says. "Andy Warhol's 'Shadows' are the line between the American dream and the American death... It is a very rare event to be able to experience the complete work as Warhol intended."

It would be advantageous to take advantage of the opportunity to see Andy Warhol's "Shadows," considering

the gravity of its uniqueness. Student admission is only seven dollars if you bring your

school ID along. Ask your English teacher if you can get extra credit for visiting.



Photo Courtesy of Wikicommons