

## In your face

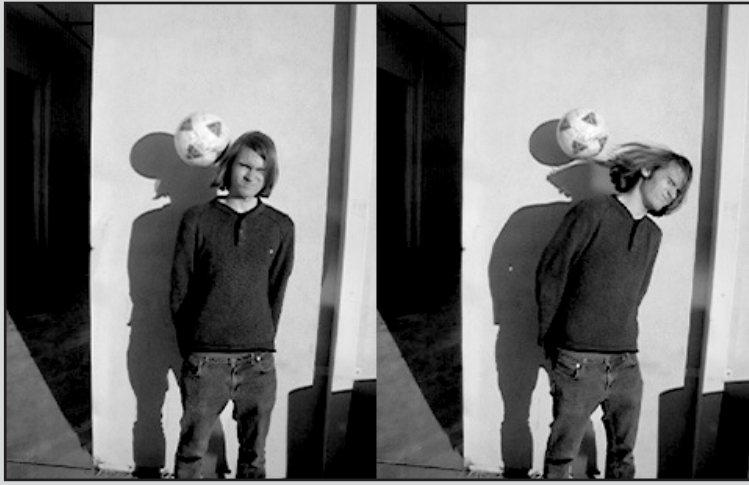
By Taylor Brusky  
Features Editor

For the previous two years, Laguna Beach High School offered its students an opportunity to chuck balls at each other through the game of Dodge Ball. The students have the competitive spirit. Given the opportunity, they would gladly compete for dodge ball glory.

"There is no competition between the senior class and the other classes," said senior Jami Andrews. "We don't need a competition because we would just win anyways."

Students loved the lunchtime entertainment dodge ball provided, but with several months into the current school year, there are still no signs that it will come back.

"I thought it was pretty fun to watch people attacking each other," said senior Adam Gonzales. "I want it to come back. I want to see Mr. Bogey playing dodge



Senior Nikolai Jerkunica receives a headshot, which is a rule violation. (Taylor Brusky)

ball because he is awesome." Thurston Middle School played dodge ball for the first time last year, providing the high school freshmen an extra year of practice. The teachers at Thurston were brave enough to compete against the students. The high school teachers have done no such thing. Will they back away from a challenge?

"Dodge ball is definitely one of the greatest games I have ever played. I don't see why it shouldn't come back. They have it at Thurston. Why shouldn't they have it at high school?" said freshman Will Robinson. "Last year, one of our teams beat the teacher team, so I think the freshmen have a pretty good chance. I'd like to see Mr. Todd throw a dodge ball."

## When you crack your knuckles

By Zoe Epstein  
Editor-in-Chief/Product Manager

Does cracking your knuckles cause arthritis?

To learn the answer to this question, one must know what causes the cracking sensation in the first place. There are several possibilities.

Inside every joint is a synovial fluid that contains nitrogen and other gasses. When someone cracks a joint, he or she "stretch[es] the joint capsule," causing gas to escape quickly. This causes the cracking sound. Once the gases return to the synovial fluid, the joint is ready to crack again.

Another source of cracking is the movement of tendons and ligaments. Cracking a joint causes the tendon to move out of place, and as it returns to its proper position, the tendon makes

noise. Ligaments also tighten when joints move and can make a cracking sound. Ligaments usually tighten in one's knees or ankles.

Cracking joints does not cause arthritis. Once someone has arthritis, his or her joints often produce cracking noises. This noise is unrelated to the cracking of knuckles, knees or any other joints.

While people with arthritis experience pain when their knuckles crack, people without it should not. If they do, it indicates the presence of another underlying problem. In that situation, it is prudent to visit a healthcare professional.

Studies are inconclusive as to whether knuckle cracking causes harm in general. Some say that it is harmless. Others say that it can damage tissue, weaken grip and cause swelling of the hands.

## These girls can kick some...

By Paige Watroba  
Business Manager

With a new coach and some new players, the girls Laguna Beach High School Junior Varsity Soccer Team hopes to excel through clear competitive drive.

Although the team has suffered some losses, coach Ed Ornellas believes it has improved greatly.

"Due to the fact that AYSO is involved, the girls are playing club [soccer]. The program is expanding," said coach Ornellas. "I think it is a very strong program."

Many current junior varsity players are familiar with each other from the previous season. With the help of captains Sarah Sampson, Katie Bekken and Victoria French, older players of-

ten mentor the team's younger players.

"Those girls are proven leaders out there, and I expect [them] to continue leading and be good examples," said Ornellas.

Like most athletic teams, the players have become friends and work well together as a team.

"I think they're young and they're only going to get better, and I'm really happy with all our coaches," said Athletic Director Mike Churchill.

Like Churchill, the players themselves are enthusiastic.

"We have so much



A soccer ball kicked by player #15 soars over the other girl's head, ending with a headshot, which is not a rule violation. (Colin Peterson)

fun and we can kick some butt too!" said freshman player Kelsey Rustigian.

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