

The USA surf team

By Nikolai Jerkunica
Reporter

Freshman Taylor Pitz qualified for the PacSun USA Surf Team after competing in the Surfing America USA Championships and USA Team Trials, both held in Huntington Beach.

Surfing America is the governing body for the sport of surfing in America. To qualify, one must compete in arduous contests.

"To me, surfing is so many different things. When I'm going for a free surf, it's a release. It makes everything seem better and relaxes me. But at the same time, competitive surfing makes things harder," said Pitz.

To qualify for the Surfing America Team, top surfers must be recommended by a variety of surf organizations such as the National Scholastic Surfing Association (NSSA), Western Surfing Association (WSA), or Eastern Surfing Association (ESA).

After they are recommended to compete in USA Championships, surfers must perform well to be invited to the USA Team Trials.

From the trials, the judges select the team from the top four finalists in each division and reserve wildcard slots for deserv-



Taylor rides a wave (Taylor Pitz)

ing surfers; a total of 33 surfers were chosen for the team.

Overall, surfing is a very positive thing for me; it lets me push myself, keeps me fit and healthy, and I've made a lot of friends with the girls I surf against," said Pitz.

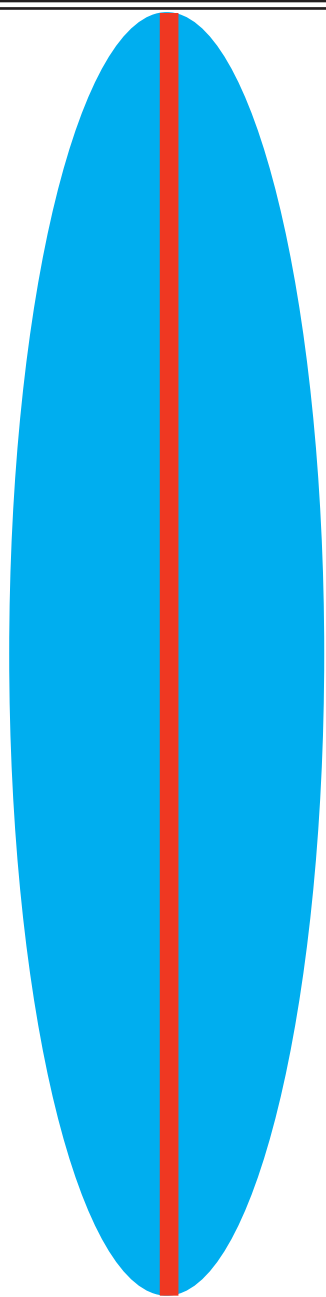
The California portion of the team practices twice per week in Huntington Beach.

"When you're doing well and winning, it feels like you're

on top of the world. But when you're losing or had a bad contest, it's really rough. It's not like you're in a team sport where you win and lose together as a team; you're all on your own. Either you performed or you didn't," said Pitz.

Pitz began surfing at age 10 at Doheney State Park.

"When it comes down to it, I really love the life surfing has allowed me to live," said Pitz.



The skinny on salt...

Is it good for you?

By Zoë Epstein
Editor-in-Chief/Product Manager

Salt is vital in certain amounts, but like most things, it can be dangerous in excess. The American Heart Association supports the regulation of sodium intake; nonetheless, most processed foods contain salt.

The government recommends 6g of salt a day for adults. The average salt intake, however, is between 9 and 10g. Nearly 75 percent of salt intake comes from processed foods.

Many people try to be cautious about their sodium intake, but is salt really so terrible?

Doctors, for example, recommend replacing the water and salt lost through sweat. Salt assists in the transmission of nerve impulses and helps cells take in nutrients.

It is a general consensus that salt causes high blood pressure, and in turn, high blood pressure increases the risk of heart attacks.

However, in 1995, during an eight-year study in New York, more people with low-sodium diets had heart attacks than those with normal-sodium diets. In 1997, an analysis of six years of heart attack data showed no benefits from low-sodium diets. Similar studies of heart attacks and sodium have shown the same results.

Adults remove excess salt from their bodies through their kidneys, so it takes significantly extra salt to cause health problems. Babies, who have under-developed kidneys, cannot process salt the way that adults can, so they are more at risk of acquiring sodium-related health problems.

In addition, the sodium content shown on labels is not equivalent to the salt content in the food. To calculate the amount of salt in food, multiply the sodium content by 2.5.

(sources: news.bbc.co.uk
/www.saltinstitute.org
www.americanheart.org)

New and improved tennis team

By Paige Watroba
Business Manager

Many students know that the girl's tennis team is popular.

What they don't know is that, because of its popularity, junior varsity coach Jimmy Gleason started a subdivision for the large amount of girls who did not make the junior varsity team.

This new division is called the junior varsity "B" because it is a lower division of the junior varsity "A" team. It's also known as the "JVB team".

"It was like a P.E. class to help improve their skills," said coach Mark Morrissey about the new program.

"And no experience was

needed," added Morrissey.

Like the varsity and junior varsity teams, the JVB team had pictures to take and uniforms to purchase.

They even had matches and regular practices like the more advanced junior varsity team.

"The practices were really hard sometimes, but we learned

a lot," said freshman Hannah Bunting.

Morrissey and the second coach John Staff were trying to get more girls to join; however they are not sure if the team will reconvene next year.

"The group improved really fast," said Morrissey.

"They were very successful."

Homecoming Football Game

By Taylor Brusky
Features Editor

With hundreds of people in the stands, Laguna Beach High School's varsity football team had everything to prove, especially after its two-point loss to the Costa Mesa team four days prior to Homecoming.

The weather was great and the seats were sold.

Charlie Bowman, Chris Smith, Michael John, Danny Panduro and Armand Begay were the only five seniors on the team, and each of them contributed their individual talents.

Junior Zack Smith gave the Breakers an early lead after running for a touchdown.

The Eagles responded by scoring two touchdowns in

the second quarter.

Just before halftime, the Breakers had two touchdowns called back because of penalties.

After a third-quarter Eagle field goal, Bowman scored the Breaker's second touchdown with a quarter-back sneak.

He tucked the ball under his arm and leaped behind his pushing linemen, making the score 17-12.

The game was in reach until Calvary Chapel scored from 28 yards, with a fourth-and-seven screen pass, to make the final score 23-12.

The Breakers played well enough to win, but they lost.

A Homecoming victory was not to be.

Congratulations to girls' volleyball!

For the first time in Laguna Beach High School History, the Girls' Varsity Volleyball Team won two CIF Championships in a row!



(www.swartberg.com/.../images/p1_00.png)