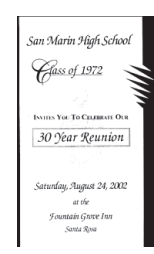
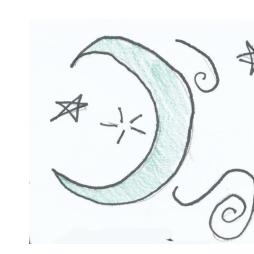




Music trip detour due to SARS...page 3

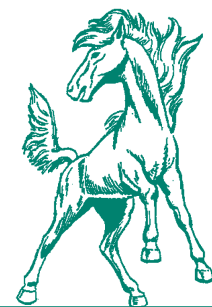


High school reunions...page 5



Discovering the subconscious...pages 6-7

In the June 6 issue the Pony Express features the Class of 2003 : college plans, senior futures, the year in sports and more



Pony Express

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Board Opts for Worst Case Scenario

By Amber Shields and Abby Yim

On April 1, the Novato Unified School District Board Meeting was inundated with impassioned students trying to save their school's electives. The largest group, by far, was music students. In hopes of saving the

money in elementary and middle schools, and their next step is to create a priority list for high school programs.

Despite the efforts of the Emergency Education Fund and concerned students, who again

showed up at the Board Meeting on April 29 to plead to save their programs, the Board is still looking to make serious cuts. Senior Ali Mafi, who spoke at this meeting, said, "The cuts that are affecting our programs are disgusting. It's atrocious and sad to think that people who we are supposed to look up to belittle students so much."

On May 6, the Board took action to unanimously approve the proposed budget cuts.

This included eliminating 87 full-time teaching positions and serious cut backs in the core curriculum and electives.

San Marin will face cut backs in English, math, social studies, science, and PE.

It will also lose valuable elective courses like journalism,

psychology and drama, which are all UC elective classes, along with yearbook, leadership, and architectural design.

Nine San Marin teachers received pink slips in addition to all of the temporary teachers who will be released. Three teachers from the English department, the hardest hit department on campus, received notices.

All concerned hope that these cuts are only temporarily final. The Board hopes that with state funds and contributions of the EEF, they will be able to reinstate many positions and programs.

At the Board Meeting, the board members expressed their remorse over taking these drastic actions. Trustee Ross Millerick described these large cuts as a "safety net." By preparing fiscally the Board

will be able to stay in control and make the final decision about what classes to bring back.

If the Board didn't take these precautions, control of the District could be placed in the county or state offices. In a moving gesture, the San Marin Leadership Class donated \$2,000, which represented \$1000 collected from students in their 5^o classes matched by \$1000 from the Leadership account, to the EEF before the final cuts were approved.

Although the decisions made at the recent Board meeting caused students to feel depressed about next year, the Board members have asked students, parents and staff to remain hopeful, because reinstatements will soon begin.



elementary school music programs, the foundation of music knowledge and appreciation in the district, students, teachers, and parents shared how the music program affected the students. Other impressive appearances included students from the San Marin and Novato drama programs and the San Marin journalism program. The hours of presentations demonstrated the importance of Novato electives and the community's dedication to saving these vital classes.

The Novato PTA Emergency Education Fund is taking a proactive approach by trying to save programs in Novato in a district-wide fund-raising campaign. Spearheading the group, Elizabeth Sleath feels hopeful about the plan to raise three million dollars by the end of the school year. "Our solution is only a very quick band aid. A hundred sixty four teachers got pink slips; what we are trying to do is get the teachers back by funding the programs." The response has been very effective, with one anonymous family donating \$50,000. Not every family needs to be so generous, Sleath said, "Ten or fifteen dollars would be helpful, just as long as everyone is involved in helping students in Novato get the best education possible." As of May 6, the Fund announced that they had raised \$270,000, short of their goal of \$3 million. They have already made a priority list of how to spend the

Doggonit!

By Sean Johannessen and Jamie Lummis

As of March 18, 2003, the canine drug-sniffing campaign was implemented and searches have begun throughout campuses of Novato. Unannounced searches are to be conducted at each of the high schools as well as the middle schools of Novato Unified School District. Adopted as a "temporary pilot program" at a reduced rate, it is intended only to last until the end of the 2003 school year. Upon the completion of the year, the Board of Trustees will make the final decision on whether or not to continue the program for the future.

Prompted by the alarming number of vandalism cases taken in recent years, the program is expected to increase safety at schools. Earlier this year, the Safe Schools Committee reviewed a Healthy Kids survey taken among 7th, 9th, and 11th California students in the year 2002. Among other school related questions, the survey contained questions pertaining to the use and availability of drugs and alcohol on school campuses. According to the survey, 10% of eleventh grade students in the NUSD responded that they had used alcohol at school within the last 30 days. This is higher than both the Marin County (9% of

11th graders) and statewide results (7% of 11th graders). The Safe Schools Committee felt that this data could not simply be ignored. As a result, many ideas and options were explored in order to decrease the availability and use of drugs on campus. A Committee member who had previously worked in another district suggested the Interquest program, which provides the pilot service, to help promote increased school safety. The Safe Schools Committee reviewed the program and decided to use a pilot program this year. Searches have been and will continue to be conducted randomly twice a month for the remainder of the school year.

Students are understandably furious at the thought of their vehicles, lockers, and personal belongings being searched by the dogs. "I think that the searching is a violation of student privacy. There must be other options the school can take," commented one junior girl. Some students, however, are in favor of implementing such an invasive program. An anonymous sophomore feels that the program will make San Marin a safer environment. "It's not that I am afraid to come to school, but the dogs do put me more at ease."

Although the program may seem like a violation of our constitutional rights (especially the sec-

ond amendment in regards to unwarranted search and seizure), there is unfortunately not much that one can do. Most of the areas that will be searched (including sports facilities, rest rooms, gyms, building perimeters, parking lots, etc.) are school property and therefore can be examined and opened without student consent. However items such as lockers (which are under the joint control of both the student and the district) and cars require the presence of a school official before a search is commenced. Searches will only be allowed in unoccupied classrooms. Students will never be asked to leave a classroom to have their personal belongings searched. Individualized searches are also allowed but at least one administrator and one district employee must be in attendance. Strip searches and body cavity searches are strictly forbidden.

The short-term pilot program that is currently in effect was offered a reduced price of \$2700 for the months of April, May and June.

If the program is given a full-time slot next year, this amount will be approximately double the current rate. It seems that in this time of significant budget deficits, such a program appears to be an unnecessary expense. However, Federal Title IV and Safe School Grants will be used to fund the Interquest program.

These funds are specifically allotted to use for school safety programs only.

While the program has not a significant amount of findings on campus, Assistant Principal Toni Beal has found that the threat of a random search on campus has discouraged students from bringing illegal substances on campus. "The ultimate goal is to keep drugs off campus. This program is a minor inconvenience considering the seriousness of the situation."

The consequences for drug possession or use within school grounds include suspension and police involvement.



The War in Iraq: Success or Failure?

By Michael Lovejoy

By Zack Kinyon

With the war in Iraq over, many people still voice their opinions that it was a terrible failure. Continuing to undermine the President, they fail to understand that a brutal dictator, who has killed over a million people, is out of power, and possibly dead. Though Iraq still faces a difficult future, the hope for a free society is alive and Saddam Hussein's cruel regime is now dead.

Militarily, the campaign in Iraq was a huge success. Taking control of a country the size of California in less than a month was faster and more efficient than anyone imagined possible. The US military is enjoying great prestige worldwide. The image and power of our forces has skyrocketed, and any countries that threaten our national security will think twice before taking any instigating actions.

The Bush administration, though taking heat from a vocal

minority, enjoys the support of the silent majority, with nearly 80% of Americans supporting Bush's decision to go to war in Iraq. British Prime Minister Tony Blair, putting his position and prestige on the line, supported Bush from the beginning. Despite harsh worldwide criticism, Bush and Blair have stood fast and rid the world of evil.

French President Jacques Chirac, who supported Saddam Hussein by actively seeking to undermine US interests with the U.N., now has a much lowered prestige with the success of the war in Iraq. Many Americans are now boycotting French products or changing the word "French" in any foods to "Freedom," symbols of great American nationalism.

The war was a great military triumph for the US, but everyone knows that Iraq still must rebuild and establish a new government based on freedom. There are many difficult issues that lie ahead, but Iraq is now free of the stranglehold of Saddam Hussein.

"Once again, we see terrorism, we see terrorists, people who don't believe in democracy, people who feel that with the destruction of buildings, with the murder of people, they can somehow achieve a political purpose." -Colin Powell, U.S. Secretary of State

"If someone suggests strangling a kitten and ignores your pleas for them not to, it's not much of a defense if they say later 'What were you worried about, it hardly put up a fight at all.'" -British Comedian Mark Steel

A terrific misconception has apparently arisen during the debate over this "war" with Iraq. It must be clarified that the argument against war was not tactical. There is no doubt that this war on Iraq has been a successful campaign. There was little uncertainty that a United States military victory would be the outcome here. Hundreds of thousands of American citizens did not take to the streets these past months to express their concern that the Pentagon was not up to the task. Such a fabrication suggests that the ordinary people of conscience in America share a common interest with the Bush Administration, and disagree only over how to go about doing the right thing.

To make this naive assumption valid, the government and media must "ensnare ordinary people in a giant web of nationhood," as historian Howard Zinn phrases it. It is in our national interest to make war on the countries of these third world monsters, therefore it is anti-American to oppose it. And any casualties of this war are to be blamed not on the military aggressor, but on the anti-war movement, which has "emboldened the enemy, and weakened our troops' resolve."

As our nation is fed its war news through the television, this whole affair turns into a great fantasy. We tend to consider war in a very offhand way. Disagreements over the war are strategic and its implications are statistical. And that rubs off on people. We think that the war is essentially happening in our living room. And since we can turn it off, take it in in small doses, separate conveniently it from the rest of our day, and ultimately be in control of the situation, the experience is not emotionally challenging.

I cannot put this idea more succinctly than media analyst Mark Crispin Miller does: "While a war is among the biggest things that can ever happen to a nation or people, devastating families, blasting away roofs and walls, we see it compressed and miniaturized on a sturdy little piece of furniture, which stands and shines at the very center of our household. And TV contains warfare in subtler ways. While it may confront us with the facts of bereavement, mutilation,

it immediately cancels out the memory of that suffering, replacing its own picture of despair with a commercial - upbeat and inextinguishably bright." (*Target Iraq*, by Norman Solomon and Reese Erlich)

The overwhelming public support for Bush is not hard to understand on a superficial level. Despite a near vacuum of evidence, about half the United States population believes that Iraq was involved in, and perhaps even behind, the September 11 attacks. Since last September, an estimated 60% of the population believes that Saddam Hussein is (now "was") an imminent threat to our safety. Yet Iraq's neighboring countries of Kuwait and Iran, whom Iraq has actually attacked in the past, did not even see Hussein as any kind of present danger. More accurately, they see Iraq as the weakest country in the region. Hussein may be a ruthless criminal, but UN inspections programs along with economic sanctions over the past twelve years have severely isolated his capacity to inflict harm on anyone. How is it then that a powerful and geographically removed nation such as the U.S. falls into such hysteria over this formerly in the Persian Gulf?

In any case, Iraq's supposed threat must have been based on its alleged Weapons of Mass Destruction™.

As of this writing, no such weapons have been found in Iraq. The country is essentially ours, and we can not find in it what we specifically came looking for. Wasn't Iraq's "imminent threat" the whole point of the invasion? Didn't we trust the Administration's insistence that the Iraqi regime was hiding its stockpiles of biological and chemical weapons from the inspectors? And even if we do stumble across any weapons of this sort, what does that imply about the danger we have just eradicated? It implies that in their final hours before being overthrown, Hussein's Baath regime did not even resist our forces with whatever destructive capabilities they had. And Iraq was a threat to global survival?

Consequently, the party line has quietly shifted to "Iraqi Liberation," and Americans don't seem to mind. According to various polls, 65-80% (probably closer to eighty now) of the country supports our government's efforts. More interestingly though, according to a "Los Angeles Times" poll taken before the war ended, 83% of the war's supporters said they would uphold their support if it turned out that no Weapons of Mass Destruction were found.

That is astonishing. Weapons of Mass Destruction were the reason we started this war. Weapons of Mass Destruction are the reason our relationships with allies in Europe are now severely warped. Lack of regard for Weapons of

Mass Destruction is why we now eat Freedom fries. Weapons of Mass Destruction is the concept that Mr. Bush has drilled into our heads ever since his 2002 State of the Union address, with every National Security speech he has made. And as of May 7, no weapons of Mass Destruction have been found in Iraq. And whether they are or not, no one cares any longer. Are our memories that short? Are we so diluted by Coors Light commercials and reality television as not to realize that this whole affair was based on a false accusation (or just a complete lie)? Are we susceptible enough to believe that the George W. Bush Administration created this dramatic scapegoat, while committing billions of dollars and defying the United Nations Security Council, because they wanted to free the people of Iraq? This is virtually the same Republican Administration that helped arm Saddam Hussein to the teeth throughout the eighties, and fully supported him during his worst humanitarian atrocities. This is virtually the same Administration, with a different Bush at the helm, which initiated the UN-imposed food and medical sanctions after the first Gulf War, a program that has killed hundreds of thousands of Iraqi children.

Indeed, America won a war on more than one front. This now-finished battle with Baghdad embodies an amazing ideological victory on behalf of the United States. We have affirmed that we do not need "evidence" to go after an obvious threat.

We have told the world that you truly are "with us or against us," and that all enemies of ours are friends to one another. We've demonstrated that true democracy can be benevolently granted by an outside military power; that the struggle begins and ends at the top of the ladder.

America has proclaimed that, no matter how many people oppose democracy, we still stand for it.

We have proven that war *does* bring peace.

We have made it very obvious that however loudly you may oppose a policy of our leadership, at the end of the day, you are wrong. Freedom is not free. It is for sale like everything else. That is what we have declared. America is bigger than Justice. The flag stands for more than freedom and equality. It stands for Power. And throughout our "memory of states", as Henry Kissinger defined history, Power has determined freedom and equality.

And the telescreen whistles a tune of triumph, and freedom. We have liberated the people of Iraq from their oppressors.

"Democracy good. Dictatorship bad," as Orwell might have put it.

SARS Ravages Asia, Forces Cancellation of Music Trip

By Kevin Kahn

The San Marin Jazz Band and Choir's long-anticipated summer trip to China has been canceled. The culprit: Severe Acute Respiratory Syndrome, otherwise known as SARS. The adverse effects of this disease have had a negative impact throughout the world, and now have directly affected San Marin.

The twelve day music trip, originally scheduled for in the end of June, was a cultural exchange between American-style jazz and classical Chinese music. A SM group of about sixty music students, parents, and friends were to travel to the capital, Beijing, the cosmopolitan city of Shanghai, and the exciting city of Hangzhou. Activities included touring Tiananmen Square, the Great Wall, the Chinese Acrobatic Theater, and the Ming Tombs, in addition to exploring the wonderful Chinese cuisine and culture. However, this extraordinary opportunity was set aside because of the immense health risks and quarantines throughout the Pacific Rim, all due to SARS.

What is SARS? SARS is a respiratory illness caused by a mutated coronavirus, the virus responsible for the common cold, which has recently affected Asia, North America, and Europe, although the most prevalent cases have been reported in southern and central China. The disease is be-

lieved to have originated in the Guangdong province in November 2002, on the southeast boundary of the nation with Hong Kong, and quickly spread throughout China via air travel. **Currently, SARS has killed over 200 people worldwide and has infected almost 4,000.**

How Does One Get SARS? The primary way to contract SARS is by close person-to-person contact with someone already infected. Like a common cold, sneezing, coughing, touching, and any interaction put one at risk. (In fact, scientists surmise that one of the reasons the virus has spread so quickly in China is that it is a Chinese tradition not to cover one's mouth while coughing or sneezing.) The virus is believed to travel through air conditioners, toilets, sewage pipes, and transportation centers, where travelers are screened for symptoms before boarding planes or trains. Large crowded areas, such as the shopping bazaars of Asia, are most at risk. **Everyone is at risk for SARS**, no matter how old or how young, or what race, ethnicity, or gender.

What Precautions Can Be Made? The coronavirus of SARS is a mutated version of the common cold, and like a common cold, it is very difficult to avoid infected germ cells. In Asia, government officials have given people face masks, but it is unknown how effective these devices are. Health officials around the world have advised people not to travel to infected areas. The World Health Organization and the British Department of Health strongly recommend canceling trips to Hong Kong, Southeast Asia, or the North American hot spot of SARS, Toronto. In addition, Beijing authorities closed

negotiating with Food Service to make the candy corruption to end. Finally, his hard work has paid off. Mr. Lacy discussed matters with Miguel Villareal, the head of Food Service, and an alternative was created. The alternative arrangement is that the Leadership class can sell candy and other food products provided they buy from Food Service. This, in actuality, is economically more efficient, for the leadership class pays less than they would from buying the candy from Costco. "I think it is a great arrangement," commented Mr. Lacy. Along with the economic issue, buying from Food Service happens to be more convenient. Instead of having parent volunteers drive to Costco and buy the products, Food Service delivers them to directly to school. In turn, the Leadership class's profits have increased.

Finally, the pain, suffering, and deprivation of sugar at San Marin is over. Candy is back and it is here to stay. The end to the corruption brought about a revelation that Food Service doesn't only consist of lunch-line Nazi's, but of good, honest and diplomatic people. Thank you Bob Lacy and thank you Miguel Villareal. The candy corruption is over-and with that, this is the last installment of Corruption Corner.

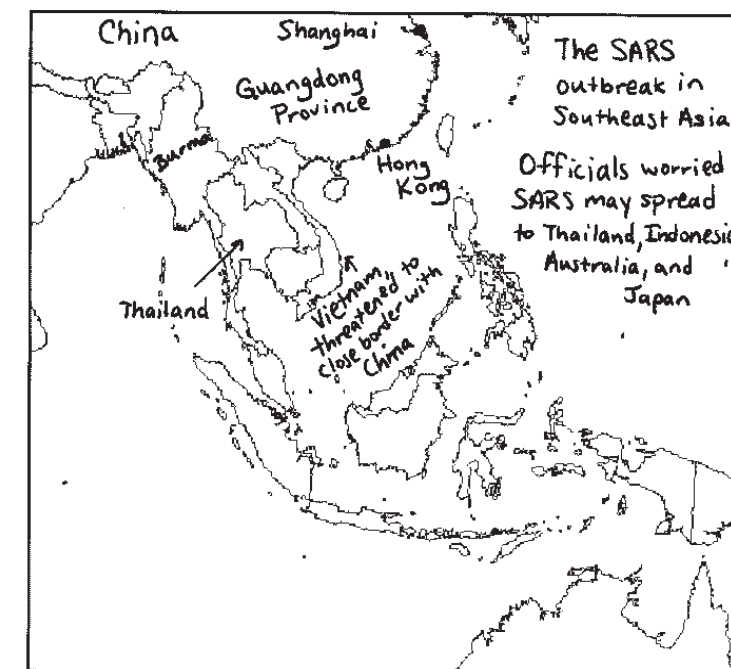
bars, to stem the outbreak. However, Professor John Oxford, a virologist from the United Kingdom, questions whether these precautions will make any progress. "There's not much you can do to avoid this, unless you go and live as a hermit."

What are the symptoms of SARS? Many of the symptoms of SARS are similar to that of a cold or flu, only much more intense. The virus begins with a fever greater than 100.4°F, followed by headaches, muscle aches, discomfort, and a sore throat. After 2-7 days, many patients develop a dry cough and have trouble breathing. In some extreme cases, pneumonia develops and patients require artificial ventilation machines while in the hospital. Many experience extreme weakness and have trouble even getting out of bed. **The mortality rate of SARS is approximately 4%**, although

the death rate can vary with the severity of the strain and the weakness of the individual's immune system.

Is there a treatment or vaccine, or any antiviral treatment, because just like a common cold, viruses cannot be killed immediately. Rather, one has to "wait out the storm," until the body's natural antibodies can kill the strain. However, there are antibiotics that have been helpful in alleviating some of the symptoms.

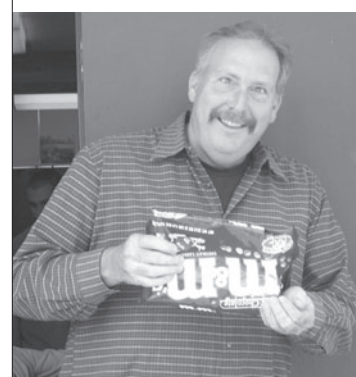
Thus, because of the extreme severity and liability of the SARS virus, the SM music trip was inevitably canceled. However, don't feel too sorry for these talented musicians, for an alternate summer trip to Australia to play at the 2003 Australian International Music Festival has been scheduled. The trip will take place at the end of June and the musicians will tour and perform in such cities as Melbourne and Sydney.



Candy Corruption Ends

By Bridget O'Connor

It was a sad period in San Marin history—a time when students were prohibited from purchasing the one entity that brought happiness and joy to the school



The candy crazed Mark Whitburn celebrates the end of candy corruption.

day: CANDY. The November Pony Express was the first to inform the student body regarding the candy corruption. By that time some had lost hope, for it was believed that the corruption would never end. Months later, however, in this glorious month of May, the Sun seems to be shining, (metaphorically speaking-it is difficult to remember the last time the sun shone for more than five minutes), for candy has made a triumphant return to San Marin.

Throughout these past long, cold and sugar-free months, leadership teacher Bob Lacy has been

Vietnamese Business People Visit



A group of Vietnamese business people came to San Marin to talk about trade policies and government in communist Vietnam. Talking to a group of students and faculty members, they also answered questions about daily life in Vietnam. Overall, their talk was a very interesting insight into post-war Vietnam, something that is not often discussed in American schools.

Become a 2003-2004 Pony Patron and never miss an issue!

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The Pony Express is published monthly by the journalism class at San Marin High School. The Pony Express seeks to provide a public forum for student expression and encourages letters to the editors. No unsigned letters will be accepted; however the author's name may be withheld upon request.

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Parking Lots Stuffed Again

By Rachel Oppenheimer

Every year the same problem occurs, yet after many complaints, there are still no solutions to the infamous parking problem. Annually at this time there is always an explosion of new sophomore drivers excited to finally take after the upperclassmen and get their chance to speed down the parking lot isles frantically looking for parking spaces 2 minutes before the bell rings.

While it would be entirely impossible to ban sophomores from parking in the lots, a seniority-based system could be used to solve the problem. As the seniors have their chance to buy auctioned spots, the juniors could have the same auction for the second section of the parking lot. The sophomores would then be left to fight over the leftover spots. This would



However exciting this may be for these novices, they just don't seem to be welcome.

The idea of sophomore students driving at San Marin is perfectly fine among juniors and seniors. "They can have the parking spaces as long as they drive me around on the weekends!" says senior Marianne Donovan.

The fond memories of our first days driving makes our young classmates tolerable, yet there is an everlasting problem in the parking lots. Already packed with juniors and seniors, the parking lots seem to be overflowing with shiny new cars. Everything seems to be calm and acceptable until the sophomores begin to infringe upon the territories like the parking lots.

When asked if the sophomores cause a huge problem, Jason Pederson said, "As a senior I am forced to park on the street. Why should the little sophomores have closer spot than I do?"

ASB	ASB general	\$ 6,905.72
Account	Class of '03	\$12,372.97
Totals	Homecoming	\$11,531.19
	Class of '04	\$ 3,932.33
	Class of '05	\$ 1,382.45
	Class of '06	\$ 960.16
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Question of the issue

What are you looking forward to most about prom?

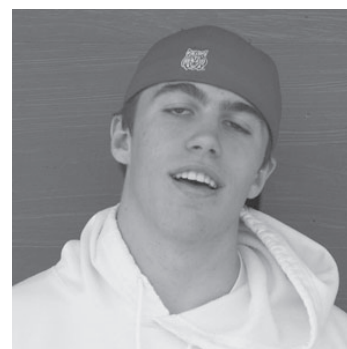
By Myra Perez



Danielle Koren: Hanging out with the whole class and the after parties.



Lindsey Knabel: I'm looking forward to gambling, with fake money of course.



Geoff Zunker: Blowing my wad at the casino tables.



Cristina Restivo: Not getting seasick!



Chris Probst: Getting off the boat.



Monzie Houston: The dancing, the music, and spending time with my classmates.

Getting ready for Prom ...or any other special occasion?



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Special Occasion Gowns for the Most Demanding



Back to Class

Should you go to your high school reunions?

By Alyssa Pomponio and Amber Shields

Lesson number one from "Romy and Michelle's High School Reunion", the Bible to

alumni can attest to. San Marin alumnus, and current SM teacher/coach, Mark Whitburn has

attended all of his past reunions, the most recent being his thirty year. About one third of his graduating class friends from high school, although there was mingling between different groups. Whitburn notes that some people changed, in appearance and in character. Although it cost \$100 including dinner, Whitburn says that it was well worth the money. "I think everybody should go; it's a lot more fun than you expect."



Steve and Karen Stenberg at SM Homecoming, 1979

Novato residents Steve and Karen Stenberg both attended San Marin High School, became high school sweethearts, and now send their daughter Whitney here. They attended their five, ten, and twenty year reunions.

Karen remembers each one as a fun but different experience from the other ones. "The best one was the ten year, because people were more settled with who they had become in their careers and in their personal lives. Five year was a lot of passing out of business cards-'being cool'-and twenty was many divorces and people who either 'made it'

planning your high school reunion: do whatever it takes to impress your former classmates. High school reunions are a great opportunity to reconnect with old classmates to see where they have been, what they have been doing, and whom they finally hooked up with. But is the trip worth it?

San Marin uses the services of several reunion companies, such as Great Reunions or Class Encounters, to keep track of former students, but they don't have anything to do with coordinating the event. It is actually up to the alumni to organize the reunions. The former class president and other active members of that graduating class' student body often take the initiative in reunion planning. The party often takes place at hotels in the surrounding Marin and Bay areas. To make sure you are invited to attend your own reunions, be sure to call San Marin to notify of any address changes after graduation.

San Marin has a rich history of fun-filled reunions, as several



Steve and Karen Stenberg, 2003

"Helpful Hints To A Successful Reunion" from the Class of '75

Begin that Impossible Diet. You don't want your classmates to think you're human like 99% of the population, do you?

If the aging process has begun, call a plastic surgeon - get a face lift! Show your class that Mother Nature can't affect you!

If your spouse or date does not live up to your class's expectations, find a new one or rent one for the evening! Dial 1-900-BABE! It will be well worth the effort!

Make the statement, "I am rich. I am rich." Dress like you are going to your own Hollywood premiere.

Because you want to make sure your classmates think you are rich, rent a limousine. Stage a commotion when you arrive in your limo and the entire class will believe you are rich and successful.

or 'failed'."

Despite the hassles of travel and expenses, high school reunions are a great experience. History teacher and San Marin alumnus Mike Kinane looks forward to his first high school reunion, "I'm going to my ten year reunion this fall. I just hope my ex-girlfriends haven't gotten as fat as I have."

The chance to see your friends (and foes) is a priceless opportunity that only happens about once every ten years. Though the final decision is up to you, we hope to see you there, especially the class of '04.

CONCERT CORNER

By Julia Capasso

May is looking to be a solid month for shows. **Andre Nickatina** pays a visit to Gaslighter's Music Hall in Gilroy on May 17. **The Blood Brothers** stop by Slims on May 20, touring to support their latest release *Burn Piano Island Burn*.

Don't miss **Coldplay** at the Shoreline Amphitheater on May 30. **Ozzfest** crashes into the Bay Area on July 8.

Whether you're a hip hop fan, emo kid, or metalhead, the summer concert season is going to start off with a bang.

May 16- **Powerhouse, For The Crown, Allegiance, Pains of Sleep, and Treason** at **Imucast, Oakland**. 7 p.m. \$8

May 17- **Andre Nickatina, San Quinn and local acts** at **Gaslighter's Music Hall, Gilroy**

May 18- **Busdriver, Radioinactive, Awol One, and Andre Afram Asmar** at **Storyville, S.F.**

May 20- **The Blood Brothers with Akimbo** at **Slims**

May 21- **Pedro The Lion, The Stratford 4, Starflyer 59 and Ester Drang** at the **Great American Music Hall**

May 24- **Planes Mistaken For Stars, Black Eyes, Love Me Destroyer, and Mach Tiver** at **Gilman** 8 p.m. \$5

May 26- **Ash** at **Slims**

May 27- **Lagwagon, Pulley, Hagfish, and The Enemies** at the **Avalon Ballroom**

May 28- **The Flaming Lips, Liz Phair (acoustic), and Starlight Mints** at the **Warfield** 7 p.m. \$25

May 30- **Coldplay and Moss Easley** at the **Shoreline Amphitheater** 8 p.m. \$25

May 30- **Boston Auto, Sexually Transmitted People, and Minus Vince** at the **Phoenix Theatre** 8 p.m. \$7

June 1- **Pearl Jam and Idlewild** at the **Shoreline Amphitheater** 7:30 p.m.

June 6- **True Skool Presents ÖDJ Cash Money** at **Milk, S.F.**

June 11- **Zion I, Lyrics Born, Lifesavas, Odd Jobs, and Diverse** at **Slims, SF**

June 22- **Beck, Dashboard Confessional, and The Black Keys** at the **Greek Theater**

July 8- **Ozzfest** \$49.50/\$89.50

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Let the Experts Help My Psychic Experience

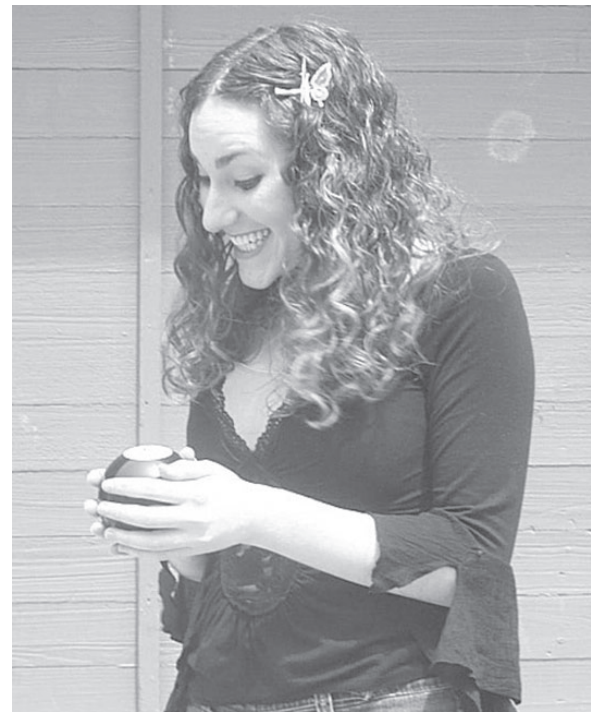
By Alyssa Pomponio

Having difficulty understanding what your subconscious is trying to express to you? This is the perfect opportunity to seek the aid of a trained professional: a psychic.

Many consider psychics quacks who are just out to make a buck. There has been research

I can proclaim that psychics do more than just predict the future; they help you understand your life now.

My psychic used my astrological sign, numerology, and tarot and playing cards to help me better understand myself and the people around me. He told me why I possess certain qualities and how they affect my life. Though I admit some of the questions he asked were very manipulative, he did know some things about me without me telling him first. But he went beyond the surface of just telling me what I already knew; he delved into some of



showing the psychic predictions are fraudulent. Some believe psychics accomplish just as much as a fortune cookie, minus the yummy Chinese food. But, after my own personal psychic reading,

my issues and gave me advice. To all you skeptics out there, I would like to clarify what "advice" is. He answered questions that I had been circling around for months. His

Lucid dreaming

By Abby Yim

Most people hope to have that perfect dream; whether it be flying or getting that kiss from the object of your affection. Unfortunately, most experience dreams that leave you either completely confused at their meaning or unsatisfied with the course of events.

What can you do about it? Although controlling your dreams is a hard feat, there is a loophole. Lucid dreaming is when you realize that what you are experiencing is not reality. Once you accomplish this, you can have power over the direction of your dream. Despite the fact that consciousness is usually referred to as being awake, the true definition is the "ability to observe our thought- to keep track of it as it happens." Charles Mephee, author of "Stop Sleeping Through Your Dreams" states that obtaining consciousness while dreaming is a "Positive experience. People who have lucid dreams often wake up with a cheerful afterglow. Lucid dreamers experience a sense of joyous altered state of consciousness during the dream." Being a conscious or lucid dreamer requires three steps.

1. Know your dream cycles: We all sleep in cycles composed of

three stages-first we drop into a deep sleep, then we change to a light sleep, Finally we enter into a dream sleep. An example of a typical sleep cycle is if you go to bed at 11:00 pm and wake up at 5:00 am, you would have experienced four ninety- minute sleep cycles.

2. Remember your dreams: The major hurdle in becoming a lucid dreamer is being able to remember your dreams. One way to cure this is by giving yourself an extra ten minutes in the morning to write down any details from your recent dream. Doing this is important because as the day progresses you gradually lose memory of important details of your dream

3. Become aware of your surroundings: People who have the most success as a lucid dreamer are usually those who have a night mirror or have an extremely unrealistic dream. Most dreamers who realize that what's happening is impossible can change the events.

Reviewing these steps before you hit your pillow will help you to wake up happy and satisfied with the course of your dreams.

same solutions had gone through my head before, but he presented them with the support of my other qualities. He looked at me as a whole and then answered my questions. He was able to clarify what I wasn't able to do on my own.

I will not deny that some of his words were totally off base and others I can only hope were (like me being married in four years!) However, overall, I feel that his psychic abilities did more than just entertain me. He was able to see what I couldn't see on my own. I will take the information and advice he gave me with a grain of salt, along with my dream interpretations and my own intuition. However, they will not be forgotten.

Sleepwalking

By Scan Johannessen

Many people are fascinated by the peculiar nature of sleepwalking. "Sleepwalking is interesting because you're physically moving even though you're mentally unconscious," explained junior Jason Carr. Sleepwalking is a sleep disorder that is characterized by walking or performing other activity while seemingly still asleep. About ten percent of all humans are affected by this sleep disorder at least once in their lives. These incidents vary in intensity and frequency and they can be the result of many different factors.

While asleep, people can do anything from everyday tasks to weird and sometimes dangerous activities. A sleepwalker may dress, open doors, eat, or go to the bathroom without experiencing any problems. Sometimes people talk to others or even go driving while asleep. Injuries may occur when the person bumps into furniture or loses his/her balance. In extreme cases, people have fallen down

stairs, walked out of windows, and even killed loved ones. Sleepwalkers are not allowed in the armed services of the United States, because of the possible threat that they pose to themselves and others when they have access to dangerous equipment, like weapons, and are unaware of what they are doing when they sleep.

Most of the time the person has no recollection of the events that occur during sleepwalking. Sometimes he/she will have a vague memory of trying to escape a dangerous situation. Amnesia and fatigue are common following an episode.

The disorder is most common in children. This is because children spend more time in the deep sleep stage. It is usually related to genes or fatigue and the child will eventually grow out of it. For adults, the cause is usually related to drug abuse or stress. Sleepwalking, for both children and adults, can be treated with drugs, but hypnosis can also be effective.



Subconscious

Sleeping: What You Need to Know

- ◆ The magnetic field of the earth has an impact on your blood circulation, thus effecting your dreams.
- ◆ You should not sleep towards the south in your father in law's house, instead you should sleep facing the east.
- ◆ About 5-10% of people have nightmares once a month or more frequently.
- ◆ Approximately one third of all Americans have sleep disorders at some point in their lives. Approximately 20-40% of adults report difficulty sleeping at some point each year.
- ◆ Approximately one third of adults have insufficient sleep syndrome, or insomnia.
- ◆ Twenty percent of adults report chronic insomnia. Primary insomnia is more common in women, with a female-to-male ratio of 3:2.
- ◆ There are more than 80 known sleep disorders.
- ◆ We spend one-third of our lives sleeping.

Strange Sleep Disorders

By Katie Winsor

A mother wakes in the middle of the night and eats handfuls of cat food. In the morning, she has no idea how the Meow Mix ended up all over the kitchen floor. A husband wakes to find his partner leaning out an open window, trying escape from an attacker, but there is no attacker and they live in the 20th floor.

A middle-aged man makes unwanted, violent advances toward his sleeping wife. Their sleeping child hears screams and calls the police to their quiet, residential neighborhood at 3 am. Forty million Americans suffer from sleep disorders such as sleep apnea and sleepwalking, but 10% of us have strange, yet medically-documented disturbances called parasomnias.

Rapid eye movement behavior disorder (RBD): This occurs when sleepers act out dramatic and/or violent dreams during rapid eye movement (REM) stage sleep. RBD, or sleep terror, can involve yelling, screaming, punching, and kicking in the night. More than 90% of RBD patients are male and the disorder usually strikes after the age of 50. The latest research on RBD suggests that it may be an early sign of Parkinson's or other neurodegenerative diseases.

Night eating: You wake up with cookie crumbs in your sheets and when you go to the kitchen to brew your morning java, it looks like a tornado blew through. You may have nocturnal sleep-related eating disorder (NSRED), which affects an estimated four million Americans.

Traditionally people with NSRED eat food items that they don't eat during the daytime, such as butter or salt and pepper sandwiches. Some people consume as many as 3,000 calories a night.

What's more, NSRED poses several health hazards including choking, trying to maintain blood sugar, eating foods you may be allergic to, or cutting yourself with a knife.

Sleep-sex or atypical sexual behavior during sleep: This can run the gamut from moaning to rape-like behavior and violent masturbation that leaves bruising or soreness. People will have no memory of what occurred in the morning.

Nocturnal seizures: Instead of shaking, foaming at mouth, and turning blue, nocturnal seizures are marked by screaming, shouting, and pedaling leg movements. Nocturnal seizures can also mimic sleepwalking.

Rock-n-roll: Body-rocking rhythmic movement disorder involves unusual motion such as head-banging, body-rolling, and body-rocking that usually occurs right after you fall asleep and can continue for minutes or an hour.

Top Ten Dream Symbols

By Katie Winsor

Most of us are still curious about what we dream; after all there could be meaning to it, right? While a certain percentage of the human race can't recall their dreams some of us do remember our dreams.

Dreams come from the subconscious mind. When dream symbols are interpreted and understood, the messages from your subconscious can help clear repression, fears, and obstacles. Among various methods used to interpret dreams Indians follow certain course to uncover your dreams

Kisses

Kisses represent acceptance and release. A passionate lip lock that lasts for a long time indicates that you are letting go of old problems. A passionate frontal kiss also signifies new beginnings.

A dream of "unseen kisses," when you can feel a phantom kissing you, is your subconscious alerting you to trust your intuition as concerns day-to-day situations.

Money

Money in your dreams indicates that good luck is coming your way. Your subconscious is alerting you to have a more positive attitude so that all types of fortune can more easily find you. The amount of money and how it comes to you are the most significant factors.

Dreaming of finding money indicates that you will soon benefit from a friendship. A dream that includes picking up a penny off the ground could indicate that friends or family are about to disappoint you. Big bills, winning the lottery and large amounts of gold coins are all indicators of good luck in the near future. A small amount of money in most situations usually means that you are being given less than you deserve by someone close to you.

Water

Water can symbolize many things in dreams. A pool of water can represent your emotional nature. Still water represents a calm state of mind. Deep water represents emotional maturity. Moving through water represents an acceptance of changes in your emotional attitude.

If you panic in your dream, because you are swimming but not getting anywhere, this may represent the consequences of your internal stubbornness. The desire to get to the edge of a pool is the mind's need for the security of logic over emotion.

Nudity

Nudity in dreams represents vulnerability. Without the barrier of clothes, your inner self and true feelings are exposed to those whom you would prefer didn't know the real you.

When someone else is naked in your dreams, it represents your psyche undergoing changes. If it is an older man or authority figure, your decision-making ability is under severe assault. When a child or other vulnerable person is disrobed, it indicates that a crossroads is approaching and you may be forced to speak up and demand that your rights and feelings be considered.

Misplaced Items

Lost or misplaced items indicate frustration with a current situation that won't change without drastic action. The actual lost item explains your frustration.

Something that holds sentimental value may indicate frustration in a family or love relationship.

Lost money indicates frustration with financial issues or frustration with a friendship dominated by the other person.

A missing person means you're losing touch with part of yourself.

A common object represents the everyday world.

Not being able to find an object illustrates increasing frustration about the situation.

Colors

Colors have very deep meaning in dreams. They represent the immediate future and their significance increases based on the amount of a color in a particular dream.

For example, receiving a green box may mean that you will be going on a short trip. Walking into a green room means a much longer vacation is headed your way.

- ◆ Blue indicates that a new friend will come into your life.
- ◆ Black means solitude or loneliness is ahead.
- ◆ Brown symbolizes safety and security.
- ◆ White represents authority and absolutes.
- ◆ Red means your devotion to someone is about to be challenged.
- ◆ Green represents travel.
- ◆ Yellow is the color of illness, alerting you to take better care of yourself.
- ◆ Purple represents aloofness or one-on-one time with your significant other.
- ◆ Orange indicates sexual tension

Flying

Flying is extremely common in dreams and usually represents frustration or unhappiness. It typically represents a lack of control over your life or indicates that your own inflated ego is causing unhappiness. It is a strong message to take control of your life. Flying can also signify exhibitionistic wishes, sexual pleasure, and the desire to recapture childhood.

Running

Running in dreams illustrates that your goals are out of reach if you stay on your current path. Usually, running means drastic change in your life is required.

If you dream of running from someone, it indicates a relationship from the past has some loose end that need tying up. If you are running to meet someone in a dream, you should reconsider your current relationship.

If you are running in a marathon or parade, you might consider changes in your employment situation.

Sex

Though a sexual dream may be about pleasure, it doesn't signal physical intimacy with the person in your dream. Sex in a dream is not a prediction of things to come. But it could be about power, success, sexual potency, manipulation, or even your subconscious rewarding you for a job well done.

Your sex partner in a dream represents a side of your personality that is developing. Dreaming of sex with a friend means you are becoming a better friend to all of your friends.

A dream of sex with a relative can be a stressful thought, but actually means you are on better terms with your family. Sex with someone from your school indicates that you are becoming a better student.

Death

Dreaming of death can be traumatic, but it is actually an indicator of life events. Witnessing a death in your dream usually coincides with major changes in life, like starting a new year of school, or moving to a new apartment.

Death can illustrate endings as well as beginnings. What can seem unbearably sad as a dream may actually signal positive change.

Recurring Dreams

Your mind uses recurring dreams to solve problems. They are an indicator that you are nearing a major breakthrough and your mind is rehearsing for the changes on the horizon.

Miracle Cure: Is Accutane Really Worth It?

By Christina Pelka

Four months after the World Trade Center attacks on September 11th, a 15-year old boy flew a plane into a building in downtown Tampa, FL, just last October, a freshman at Palo Alto High School



birth defects if it's taken during pregnancy. It is critically important for women not to take isotretinoin while pregnant and not to become pregnant while taking it. Women who are or expect to be sexually active while taking isotretinoin are commonly forced to use an effective method of birth control. This usually means oral contraceptive pills and possibly one other additional method such as condoms. A woman who does get pregnant while on isotretinoin must be prepared to have an abortion and must state this in writing before many physicians will prescribe isotretinoin for her. While pregnancy may not be a common concern to the majority of high school girls, it adds just one more worry to an already stressed-out life.

Around the World

Gabe Mirkin, M.D., a strong advocate of Accutane, claims that America's worrying has already been proved unnecessary in Britain and Israel. In the British study, ninety-three per cent of the people taking Accutane reported no long-term side effects. The British researchers concluded that their study showed that isotretinoin is a safe drug

jumped in front of commuter train. While both teenagers were being treated with Accutane at the time of their suicides, is it fair for society to blame the decisions of both boys on a simple zit pill? Carol Siegel, a licensed social worker, responded to the crises in the *San Francisco Chronicle Magazine* by taking the culpability off of the pill. "I want to believe that Accutane can create a toxic reaction, but everything I know after decades of treating teenagers contradicts the conclusion that it could be the cause." Think what you want, but Isotretinoin is the *only* drug in America that the FDA requires an attached warning concerning suicide.

"WARNINGS. Accutane may cause depression, psychosis, and rarely, suicidal ideation, suicide attempts, and suicide."

Isotretinoin, commonly called Accutane, is a powerful drug used in the treatment of acne. Only four to five months of treatment will usually lead to completely clear skin for at least one year. Most other acne-controlling medicines are antibacterial agents, which are effective only if the creams and medication are used daily. Accutane is a pill taken only once a day, and 90% of people's acne clears up completely.

Side Effects to Consider

However, if Accutane's results are so stunning, why aren't all teenagers taking it? The serious side effects are sometimes not worth the "perfect" complexion. Chapped lips, dry skin, itching, and irritation of the eyelids and eyes are the most common side effects, joined by the less common joint and muscle pains, hair thinning, and rashes. But depression, though supposedly occurring in 1% of Accutane users, remains to be the most notorious of all side effects.

The label reads: "WARNINGS: Accutane may cause depression, psychosis, and rarely, suicidal ideation, suicide attempts, and suicide. Discontinuation of Accutane therapy may be insufficient; further evaluation may be necessary."

While suicide may be very uncommon in the majority of Accutane users, a more common and damaging side effect of isotretinoin is the possibility of serious

with no serious long-term side effects, besides birth defects when taken during pregnancy. Many doctors refuse to prescribe Accutane for severe acne because they are afraid that Accutane will damage livers, raise triglyceride levels and cause heart attacks. In an Israeli study, none of the patients had liver tests that were abnormal enough to stop treatment. Only 1.5 percent of patients had dangerous triglyceride levels, but all continued treatment. Most exciting, only 3.5 percent of patients required a second treatment.

Still Worth It?

The controversy has been raging for months, but how much will it matter to the average high school student? A male junior at San Marin claims, "I don't want to come to school and be self-conscious of my face. I have enough on my plate to be worrying about blackheads and puss." He recently began the medication. "I have to take blood tests once a month for the next six months to monitor my cholesterol levels and liver and kidneys. My parents scream at me every day, 'Are you depressed?' They make me want to commit suicide more than Accutane does."

Has appearance become more imprinting than health? "I'll take my chances," he confidently replied. "The convenience of one pill a day rather than numerous creams and gels is hard to ignore."

Novato vs. SF: How Does Our Small Town Measure Up?

By Julia Capasso and Paige Lehman

"There's nothing to do here." Living in Novato, this is a ubiquitous teenage complaint.

Our small town, while very appealing to younger children who are relatively easy to amuse, has not been able to capture the interest of its teenage residents. Even the addition of the Teen Center in downtown Novato has done little to lessen the boredom. To many students, every weekend is a repeat of the last: the same places, faces, and activities.

As a result, many SM students flee Novato every chance they get, often visiting San Francisco, Berkeley, or nearby Petaluma. What's so appealing in those towns? What do they have that Novato doesn't?

We talked to Jesse, a 15 year old from San Francisco about her experiences living in San Francisco.

Jesse's life has many similarities to that of a Novato teenager. She attends a large private high school, plays sports, and goes to parties. However, Jesse enjoys more independence and variety living in a big city. Jesse lives in the upscale neighborhood of Noe Valley, which is located in the heart of the city. Few teenagers in the city actually get their drivers licenses, because public transportation in San Francisco is very good. As a result, Jesse has more freedom and mobility than a fifteen year old in the suburbs.

Drugs and alcohol are a big issue in every community, and Novato and San Francisco are no exceptions. However, the two cities differ in the way that these things are used. While Jesse says that it's "really easy" to get alcohol, she and friends are less likely to get drunk on the weekends. This is mainly because there is more

of a plethora of night life in San Francisco. Teenagers can have fun by going to concerts, outdoor festivals, 18 and under clubs, or merely hanging around Castro Street. Also, the availability of alcohol makes it less of a risk and, therefore, less appealing to teenagers.

However, there is a downside to living in San Francisco. Good schools are hard to get into, even public schools. Children do not go to school according to where they live, but rather have to apply to get placement in a public school. Some kids find themselves going to a school across town, even though they live right next to a school. There are many private schools, but they are very expensive and exclusive.

Then there is also the lack of open space. While San Francisco has many beautiful parks, most parts of the city are very crowded, with the houses right next to each other. Jesse can't practice her soccer moves in her backyard, because, well, she doesn't have one.

A lot of the appeal of these other cities is from the fact that there are so many more diverse activities in big cities that are much easier to access.

However, Novato isn't all that bad; it all comes down to how imaginative you are. With all our open space, sports activities are readily accessible, with trails for hiking and biking, and several large sports fields all around town. We do have the Teen Center, and our downtown area, while small, has many interesting shops to poke around in on a lazy Saturday afternoon.

While San Francisco may have a more eclectic offering of activities, Novato is not lacking its own. Soon, hopefully, we'll never hear someone say "There's nothing to do" again.

War Against Terrorism Hits Home

By Rachel Oppenheimer

As we watch the news and hear about the troops in the Middle East, the pictures made to try to get people turned in for war crimes.

Until Tracy comes home, we will be printing monthly reports about her actions and reactions. If you have any questions for Tracy about the war, leave a message for Rachel Oppenheimer in room 501 or e-mail smpony@nurd.org.

Tracy Lamboy is a Novato resident who graduated from St. Vincent's in 1993. When Tracy joined the Army for the college money, she never imagined that she'd end up half way across the world in a war zone. "Believe me I never thought I would be here either, but I am and I am very proud to serve," says Tracy.

She is part of a special operation called Psychological Operations. It may sound like she deals with people's psychological problems, but she doesn't.

What she does is actually a lot like marketing in the civilian world. They create and produce products like playing cards and leaflets to encourage the native people to



San Marin Celebrates Cinco de Mayo

By Christina Pelka

For many juniors and seniors, it is a rarity to stay on campus during lunch. Every year though, for just 40 minutes, the Cinco de Mayo celebration feeds and entertains the entire student body and faculty within the San Marin quad. Homemade guacamole, lunch-line enchiladas, and a live mariachi band have become tradition at San Marin and every year the festivities only get better.

Spanish teacher Natasha Pelka, lovingly known as "Señora" to most, is more to me than just a Spanish teacher. She is my mother, and each year I am dragged into the Cinco de Mayo preparations unwillingly.

For the duration of the lunch period, students are too busy eating and dancing to understand how much work goes into the celebration. The mariachi band must be reserved at least 5 months in advance. Due to the high demand during the Cinco de Mayo weekend, the entertainment can be very expensive and hard to book.

Even more headaches surround the avocados that are used by Spanish 4 and 5 to create the freshly made guacamole. If the

avocados are not perfectly ripe, the activity could be ruined. This may sound silly, but in reality it is very serious. "One year, I waited until the last minute to go to Costco. Every box of avocados was either too hard or too soft. I went to Safeway, Bell, Albertsons, and even El Palmar. All too hard. I had to drive all the way to Petaluma to find the perfect avocados," Señora sadly remembered. This year, she begged me to go to Costco and I finally gave in. We spent one hour fondling avocados. Luckily, we found bags and bags of the very best.

Every Cinco de Mayo is different. A few years ago, the Spanish 5 class played a soccer game against the ELD students during lunchtime. After the intense competition, they reunited in the quad to eat and dance. One year, the mariachi band double booked and after 20 minutes of begging and crying, Señora convinced the band to come to San Marin anyway.

Regardless of the stress that Cinco de Mayo creates for Señora Pelka, when the bell rings, the party begins. "The trumpets blaring and the kids enjoying the guacamole make it all worth it. La vida es buena. Bailamos!"



Students enjoy the Cinco de Mayo festivities

Above left: Megan Clagett; Above right: Marta Martinez, Corina Rocha, and Mayra Ruvalcaba; Below left: Eric Egide

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Track Girls Win Big

Personal Records Obtained

By Marie Buich

Two words for fellow MCAL track teams: watch out. The Mustang track team is simply smokin'! Thanks to daily rain-or-shine practices, increasingly strenuous work-



outs, and enthusiastic effort packed into each meet by both the runners and coaches, the Mustangs are looking pretty good.

Last Saturday's track meet at SRJC proved to be an overwhelming success. A multitude of athletes PR'd, or beat their best personal records. Senior **Jared Barrilleaux** was just one of the several outstanding athletes who placed among the top of his division. Barrilleaux held first place in the Varsity Boys' seeded 1600m run, with an incredible time of 4:32 minutes.

Distance runner freshman **Allison Gregor** beat her personal record by an astonishing twelve seconds, with a time of 5:52 minutes for her one mile run. Other distance stars included senior **Zoe Brown**, who PR'd in her 5:27 minute mile, **Lisa Bandner**, and

Amber Shields.

Sophomore **Carli O'Leary** placed second in her 800m run, with an incredible time of 3:32 minutes. Freshman distance runner **Pat Graham** ran a swift 2:31 minute race for the Frosh/Soph Boys' 800m run.

Field-event athletes are definitely on fire, especially high-jumper champ junior **Jennie Combs**, who

placed second among her division, jumping a height of 5'2". Hats off to the amazing sprinters who just keep getting quicker! Junior **Natalie Barrilleaux** ran an impressive 200m sprint, while junior **Sara Moraes** PR'd in her 400m, with a time of 1:04 minutes.

Hurdlers junior **Ashley Peterson** and senior **Susan Beresford** have been dominating the 300m hurdles and



placing among the tops of their divisions.

Senior **Will Grayson**, junior **Leland Hansens**, and sophomores **Chris Knowles** and **Scott Van Hootegen** are just more fine examples of determined and quality sprinters.

The San Marin varsity girls beat Novato by a tight score of 72 to 63 points, while the boys lost by a close score of 65 to 70 points. Outstanding athletes at this meet include junior **Whitney Stenberg**,

who ran a strong 800m with a time of 2:38 minutes, and junior **Ashley Peterson** who placed first in 300m hurdles and in Long Jump. Sophomore **Garen Suen** won the 110m hurdles. Zoe Brown and Barrilleaux placed first in both of the long distance races, the mile and the two mile. Field event stars included sophomore **Angie Pilacelli**, who placed first in pole vault, Combs, who placed first in high jump, senior **Craig Fellers**, who won the pole vault, and sophomore **Tyler Rushton**, who placed first in shotput.

poled vault, and sophomore **Tyler Rushton**, who placed first in shotput.

Sprinting into MCALs

By Bridget O'Connor

In the 4 x 400 relay, arguably one of the most difficult and physically straining events at a track meet, each of the four team members sprints an entire lap around the track, before passing the baton to the next team member in line. It takes hard work, determination and self-discipline, not to mention nerves of steel, to excel at this relay. Luckily for the varsity girls' track team, five athletes have stepped up to the challenge.

The team is made up of senior **Susan Beresford**, and juniors **Ashley Peterson**, **Sara Moraes**, **Marie Buich** and **Natalie Graham**. Considering that a 4 x 400 team consists of four people, the girls alternate positions.

Since late February, this team has been practicing daily to improve their overall time. Their hard work has paid off and the girls are

in third place in the Marin County Athletic League with a time of four minutes and twenty-two seconds. "It feels great to be doing so well," commented Peterson. "I think we have a chance to place in MCALs." That positive attitude was evident when the girls took first place in the last meets of the regular season versus cross-town rival Novato and Justin-Siena. These two key wins contributed greatly to the varsity girls' track team's tie for first place in the league with the Hornets.

Their success in the regular season should lead to great things at MCAL's track playoffs.

Next time you see these girls around campus, congratulate them on a job well done, because the 4 x 400 isn't easy and, most importantly, because they are awesome at it.

MCAL Contender

Lacrosse Girls Prove Themselves

By Jamie Lummis

The girls' lacrosse team excitedly took the field on May 1st to take on the Tamalpais Red Tail Hawks. The Lady Mustangs made an amazing showing in the first half. **Kim Larkey**, **Lisa Neal** and **Karli Jayne** scored goals.

Tho Ngo and **Alex Scioli** made an impressive defensive showing while new goalie **Kim Puliafico** blocked goals with apparent ease. At the close of the half,

the team came out with a 6-4 lead. The girls were able to keep up their spirit and enthusiasm throughout the second half and pulled out a 12-8 win over the previously undefeated Hawks. "It was quite a rush to beat Tam. I

was extremely proud of the girls; they played with a lot of heart and



Tough Year for Golf

By Brad McCarter

As the year comes to an end for the boys' golf team, one player stands above the rest. That player is sophomore **Reese Holtz**. With an average of 39.4, Holtz has played consistently well all year.

Even after a difficult season with the team not making it to MCAL, Holtz and junior **Kyle Manzoni** were invited to represent

Stopped Short in Playoffs

By Kevin Kahn

After another successful season, the boys' tennis team was defeated by league power Tamalpais in the second round of the MCAL playoffs.

After a strong victory against perennial foe Novato in the first round, the team's season was ended by a 13-1 Tam.

Coach **Ryan Berberian's** Mustangs finished third in the league

never gave up," exclaimed an energized Larkey.

The Lady Mustangs to their record with a 12-2 win against the Drake Pirates (12-2). This win will make the girls a contender for the top MCAL spot.

sent the team at the MCAL tournament even though the team did not qualify. Manzoni shot an 81 and Holtz shot an impressive 74 at Peacock Gap.

Holtz's 74 put him in 5th place. Since then, he has qualified at the Sectional Qualifier and will be playing this week in the NCS Tournament.

with a record of 9-5, picking up hard-earned victories against Branson and Marin Catholic, and came one match away from beating the undefeated champion Redwood.

The team had no seniors this year, so look forward to a very powerful and experienced team next year.

Softball On Top

"Perfect" Benson Leads Way

By Rachel Oppenheimer

Even with San Rafael's Erin Downey striking out 18 batters, the Lady Mustangs remained undefeated with a 1-0 victory over the Bulldogs in the 10th inning. Through the rain, the ladies kept their spirits high, in the 10th inning, sophomore **Megan Pachetti** hit a shot to right center field scoring the winning run.

The win against San Rafael is the Mustangs' fourth 1-0 victory this season and gives them an 8-0 record.

In 61 innings, sophomore **Lindsey Benson** has yet to surrender a run.

In another 1-0 victory, the Mustangs defeated cross-town rival the hornets. The game's only run scored when sophomore

Kimi Williams crushed a double to left field. Benson then laid down a sacrifice bunt moving Williams to third. Freshman **Brianna Jayne** then drilled a hard hit towards third allowing Williams to score.

The Mustangs pulled out another close game against San Rafael on Tuesday thanks to Benson's outstanding pitching. Benson shattered five hits, striking out five and walking one batter. This game is her 10th consecutive shutout in the MCAL season. Junior **Jennie Gay** doubled with one out in the fourth inning and later scored the game's lone winning run. Undefeated still, the Lady Mustangs remain in high hopes of another MCAL and possible NCS win.

Soccer Hits Slump

Team Limp into Playoffs

By Niki Kidd

Heart, dedication, teamwork.

These cliché sports catch phrases have been floating around the girls' varsity soccer

hit a snag late in the season. Instead of hitting their stride going into playoffs, they're hitting a slump.

A team that has arguably more talent than the MCAL runner-ups from a year ago is having trouble living up to expectations due in large part, by their own admission, to a lack of heart, dedication, and teamwork.

Although they sit at 7-4-3 MCAL (8-5-4 total) going into the playoffs, the Mustangs have much to prove to the MCAL competition. A late season blow-out loss to MC leaves the Mustangs looking for redemption and questioning themselves.

"We need to play with more heart, we just aren't getting it done," said senior co-captain

Jenny Jackson.

Maybe with a little heart, the girls can repeat their past playoff success. They'll attempt to do so this week, with their first round playoff game on Monday, and if they advanced, the final tonight at IVC.

F/S Breaks MC 4-yr Streak

Fitzpatrick Scores Winning Goal

By Bridget O'Connor

The Marin Catholic frosh/soph soccer team went four years without losing one game in the Marin County Athletic League.

They believed they couldn't lose, but they were wrong.

The San Marin F/S team started their season well, and they were ready to show their opponents that they were a force to be reckoned with. The girls knew that the day had come for Marin Catholic to face defeat.

It was a sunny Monday afternoon, ideal weather for a soccer game. SM was pumped for the game and they were ready to fight hard for the win. Sophomore Captain **Megan Claggett** said, "Their pompous attitudes just needed to stop. The Marin Catholic coach's '32-0' shirt just crossed the line. Our team knew it was time for a shut-out."

The first half ended with both teams scoreless. It would not be until the final two minutes of the game that the winner would be decided.

That was when a San Marin forward advanced for a fast break. A shot was taken but deflected off an MC player.

Sophomore **Kelly Fitzpatrick** recalls, "There was a collision of players, and then the ball just came to me at the eighteen. My adrenaline was pumping. I just shot the ball." Fitzpatrick's shot hit the back of the net.

With the score one to nothing, the next two minutes was a struggle for the Mustangs' defense. "The last two minutes seemed like forever," Claggett remembers.

But as the whistle blew, signaling an end to the game, the girls celebrated their win. "It felt great to beat them. Knowing that we, San Marin, ruined their four year winning streak is the best part," Fitzpatrick joyfully remembered.

The win was definitely a team effort. "I was so proud of her and my team. Our goalie, freshman **Trelasa Barratta** has only let two goals by her this season. She played awesome," Claggett reported.

The San Marin frosh/soph soccer team has been successful for many seasons, but now they are getting the respect they deserve. Now that they have defeated Marin Catholic, MCAL is sure to know that San Marin won't stand down.

ATHLETES OF THE ISSUE

By Colin Dietz

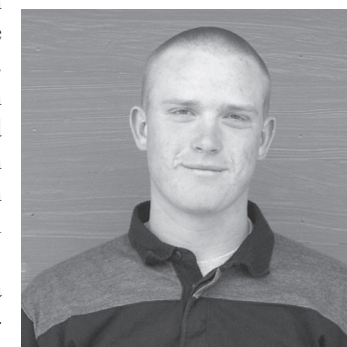
Darrell Fisherbaugh

If pitching a no-hitter against Terra Linda and being named to the all-MCAL first team last year wasn't a warning of what was to come, maybe his 5-0 preseason record got your attention. During MCAL play, opposing teams continue to be annihilated by senior right-hander Darrell Fisherbaugh who has a spectacular curve to go along with his high-80's fastball.

Fisherbaugh has backed up his preseason record with his play in MCAL, obtaining a league leading 0.66 ERA and 52 strike-outs to go along with his 5-0 record. When asked how he does it, Fisherbaugh explained, "Hard off-season work and a steady Taco Bell diet."

Fisherbaugh is not just a standout pitcher, he is a prototypical all-around baseball player. On Opening Day of MCAL, Fisherbaugh threw a complete game against a tough Justin-Siena team, while striking out seven and walking none. He also helped himself with a run-scoring single for his first of six RBI's this season. Two days later he earned his first save by striking out two San Rafael hitters in the seventh inning. During his "off" days, Fisherbaugh has either played shortstop or been the designated hitter; only coming out of the game if it is a blowout.

"Pitching is my favorite position, but shortstop can be an ease of tension and is also a great position," commented Fisherbaugh. Fisherbaugh plans on continuing his pitching dominance at the University of Hawaii next year. We'll see if his success in MCAL can carry over to the college level. Maybe he has another no-hitter in store for next year.



no-hitter had to be against Drake. "They opened their mouths before we played them, and now we shut them up," he said. He is the first San Marin player ever to pitch a no-hitter in back-to-back seasons. Despite seven walks, he struck out eleven batters on his way to his MCAL leading fifth victory.

Fisherbaugh's most impressive game this year, however, came on a no decision against first-place Redwood. He struck out ten Giants and allowed just two earned runs over an amazingly pitched nine innings. The Giants were able to score four runs in the tenth, after Fisherbaugh's exit, to hand the Mustangs the loss. "After

working my tail off it feels horrible to eventually lose," said Fisherbaugh after the game. Yet he remains positive in viewing his team's goals. "Playoffs - that's what it all comes down to."

Continuing his dominance against Terra Linda, the team he no-hit last year, Fisherbaugh hurled a three-hit shutout. He also hit a two-run triple that helped the Mustangs take a 3-0 lead in the third inning. Fisherbaugh went on to earn his fourth MCAL victory against Novato by striking out nine helpless Hornets.

Fisherbaugh plans on continuing his pitching dominance at the University of Hawaii next year. We'll see if his success in MCAL can carry over to the college level. Maybe he has another no-hitter in store for next year.

Blane Shields

Blane Shields is the #164 amateur tennis player in the nation. Take into account that there are 120 players in MCAL alone, that ranking is down right impressive. In Northern California he is ranked fifth. It was incredible to watch him crush the MCAL competition, making his opponents look like amateurs. He finished the season with a 12-1 record; his only loss coming against Alex Rosinski of Branson who was undefeated. "It feels great. Only losing one match during a season is a good thing. I would have liked to have a perfect season since that was my goal, but I lost to a good player and I have to give him some credit," said Shields.

As a result of having such a high national ranking, Shields is invited to participate in tournaments across the nation. On April 11, he was invited to Palm Springs to compete against other nationally ranked amateurs. He won matches against the #67 and #234 players in the nation, but lost to #45 and #46 in very close three set matches. After a tough performance, Shields looks forward to future tournaments. "It wasn't that it was disappointing, but it made me realize what it takes to be at the top," commented Shields. When asked what he plans on doing in future tournaments, Shields explained, "The same thing! Play my game and whatever happens, happens. But I hate losing so I think I'll try to win."

Rather than competing for the singles championship, Shields teamed up with Zack Warren to compete in doubles. They beat

Marin Catholic's Andrew Veerathanongdech and Arman Serebrakian 6-3, 6-1 to win the No. 1 doubles finals of MCAL. They earned a spot in NCS, but defaulted because they did not show up for their match. Both the coach and the athletic director believed that the match would be played the following week, so Shields and Warren were unaware of the match. "It's unfortunate but we always have next year to win it," said Shields trying to take the positive out of bad situation.

Shields' greatest accomplishment this year was winning the NorCal tournament in Chico on March 1. When asked how he did so well, Shields explained, "My physical game was the same but my mental game was at its best." He also reached the finals in a tournament in Solano in late January. Shields will participate in nationals in Elk Grove later this month



and in Maryland, on clay courts, over the summer. "I feel very confident in my ability to compete this summer. Clay is my favorite surface and I hope to come out with a few victories," said Shields.

Shields hopes to raise his national rank with consistent performances in tournaments, beating the players he is supposed to beat and pulling some upsets. It will be fun to watch him next MCAL season as he pursues his goal of a perfect season.

Student creativity showcased



photo by Claudia Collins

The Darkness

A collaboration of the Creative Writing Club

The darkness starts to eat my soul.
I stand outside and start to imagine not being at this place.
Imagining that gives me fear.
The dark hallway surrounds me, sounds and shuffles make me itch.
The face of death eats me alive whilst life and death pass me by.

The darkness starts to eat my soul.
"This," I say, "inevitable."
I stare down into an abyss of blackness...emptiness.
I fall and feel my bones break, my heart break. My soul drain out of my mouth as I scream and wither like a flower without sun, without love...
In the darkness.



photo by Brian Tuel

Ready

A collaboration of the Creative Writing Club

Such a big place.
Such an empty place.
High school is a brick jail,
and no matter what you do
or how you act
pressure always consume you.
They consume you like a corrupt snake,
with it's insides digesting your morals,
shaping and changing your thoughts and actions.
I changed in high school,
but not the kinds of changes most people go thorough.
The changes made me realize
the beauty of the fact
that everyone in this world is unique.
Now that I'm in the real world
I know that high school is a world of its own,
and that there's so much more out there.
High school is a serpent.
They say it prepares you for the real world
but all it does it twists us and use us to it's desires.
Then, it swallows us whole,
spits us out
and we are ready...
ready to face the world.

Time

By Laurel Lemontt

Creeping,
Slowly slithering through her body.
It envelops her
Like moss on a tree.
Her body is the ocean,
And this oil is spreading.
This parasite eats away at her insides.
The pillows under her eyes get larger.
Her skin turns a yellowish pale
And her hair falls out
In clumps,
Like leaves off a tree during autumn.
I see her naked cranium.
I realize how much wisdom is packed in there.
Sheer exhaustion,
Night and day,
Consumes her:
Pain in her legs
Stabbing,
Thwarting pain,
But worse...
The pain in her heart of time draining away.

Looming

By David Shultz

When I look around,
I see an emperor,
haggard from endless ages of poison
and strife.
"Corruption," he mumbles in his sleep,
Plotting to spray it among the people like
mist on a warm day,
yet not quite as refreshing.
Corruption that will never leave!
Only the people can rise like the sun
and shine the rays of truth.
But the crowds coverage their courage,
and the fog of fear will always loom.

The Creative Writing Club meets every Monday at lunch in room 501. Anyone may join at any time.



photo by Nicole Brossier