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Pony Express

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New High Schools in Novato Attract SM students

By Amber Shields

Novato has offered its own contributions to the growing trend of alternative schooling by opening two new alternative high schools this past year: the Marin School of the Arts and the Marin School of Arts and Technology. Though these schools offer positive alternatives for those disillusioned with the public school system, they have one major drawback that has been

our students. As a school that receives Average Daily Attendance funding, in other words, paid per pupil, this has a deep impact on San Marin because as each student leaves, so does a portion of our funding. San Marin now needs to compete with these schools, and the only way to do so is by understanding why students are leaving.

The Marin School of the Arts (MSA), located at the Novato High campus, attempts to create the environment of a small arts college. MSA is able to provide classes that the regular schools can't provide because of low enrollment combined

with a lack of funds. They have programs ranging from film and video to creative

writing to dance. The school was created to bring students who share a passion for arts together from a wide geographic region, and it is thus a magnet school allowing students from the Novato Unified School District and other districts in the Bay Area to apply. Its unique opportunities have already drawn many students to its doors, including a large number of former San Marin students.

During the middle of the school year, San Marin junior Keith Tonini decided to enroll at MSA. Like most of the other students who go to MSA, Tonini decided to enroll so he could focus on the area that interested him: film. At MSA, students work on their focus for two class periods a day and then spend the rest of the time taking core classes, like English and math. Tonini

thinks that the best part is the relaxed environment that lets him focus on what he wants.

offer great opportunities. Though they take away some of our talented students, and

the funding that accompanies each student, the school and the students can't be blamed; we can only blame ourselves. During the funding crisis last year, students' creative needs and desires sometimes seemed to take

a backseat to traditional views. With new schools opening up that are able to accommodate student interest and sincerely listen to their requests, we can only expect to lose more students in the future. We may never have the funds to offer all the specialty classes at MSA, but the number of students leaving San Marin shows that students are being ignored and something needs to be done to make this a student friendly campus again.



Photo by Keith Tonini

affecting San Marin and other public schools from the time they opened- they take away



Photo by Keith Tonini

Threat of Mad Cow Disease Frightens America's Meat-Eaters

By Sophie Orgish

In December of 2003, the U.S. Department of Agriculture's jarring announcement that mad cow disease had been discovered in an adult Holstein cow in Washington gave way to panic in many areas around the country. Dr. Ron DeHaven from the U.S. Agriculture Department says that the cow is believed to have been one of 74 that were imported from Canada into Idaho in 2001, but nothing has yet been confirmed. In the month since the cow's diagnosis, three herds in Washington have been quarantined, and the search for the source of infection continues.

Bovine spongiform encephalopathy, better known as mad cow disease

or BSE, is a neurological illness found in cattle that is caused by an infection from an unidentified agent. The disease, known as the Creutzfeldt-Jakob disorder in humans, is transmittable through the consumption of beef that has been infected by the disease. When contracted, the disease causes a change in personality, loss of body function, and eventually death, as neither of the two diseases has yet been cured. However, many students don't think that it's much of a problem, including sophomore Shaina Madfes, who says, "I think it's something to be

cautious of if it becomes a greater threat, but at the moment I don't believe it's



something to worry about." Mad cow disease

first surfaced in the mid-1980's in Europe, killing 137 people and setting off a surge

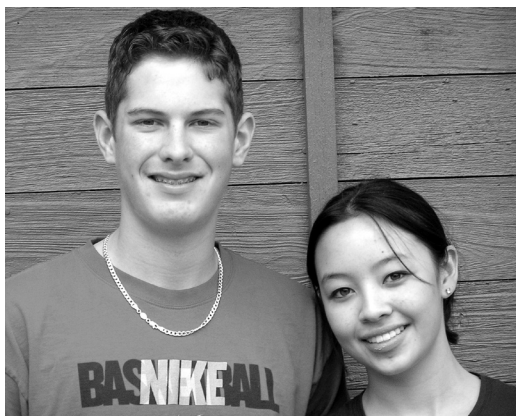
of health-related precautions against another outbreak. The

discovery of BSE infection in the United States has caused at least 26 countries to ban American beef in an attempt to stop the possible spread of the disease through the ingestion of infected meat. This long list includes Japan, Mexico, and South Korea, which are three of America's largest meat exports. As a result, experts predict that the U.S. cattle industry could lose billions of dollars in beef sales.

Though mad cow disease is extremely dangerous if contracted, the chances of infection are not significantly high. In reality, the safest method of protection against BSE is to look into becoming a vegetarian.

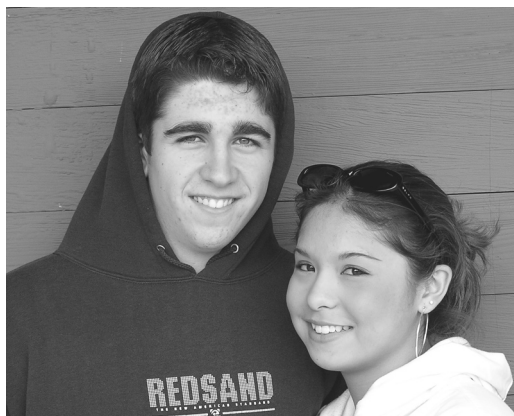
Question of the Issue

What are your plans for Valentines Day?



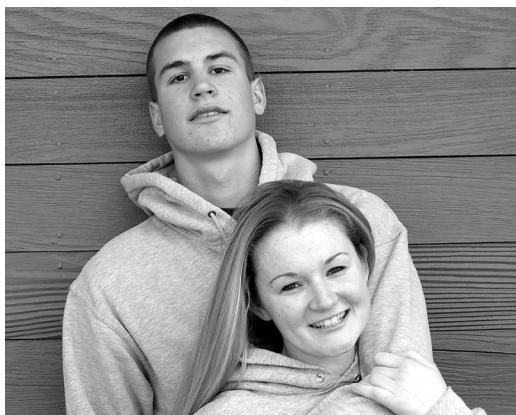
Jimmie Peterson and Kristine Lowe

“We are going shopping and getting Jimmie a new leash.”



Mark Schneider and Vikki Setting

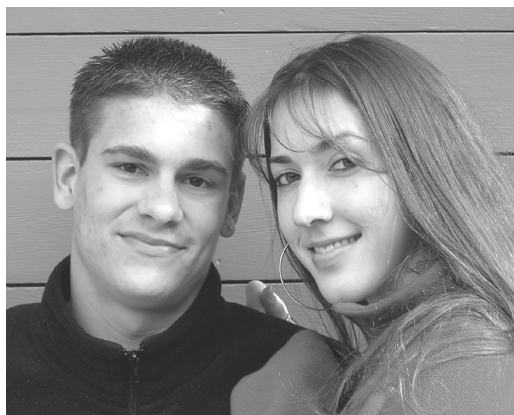
“We are going to the Kentucky Derby to watch Lindley.”



Kyle Wideman and Nicole Needham

Nicole - “All I know is that its some place nice in the city.”

Kyle - “Yea, I’m taking her to Hooters.”



Mike Sanguinetti and Lauren Novick

“We are going to big dinner, then after dessert we’re going to 24hr Fitness.”

Hey, Listen up a minute!

The Hand Soap Problem:

The soap in the bathrooms here at school ought to be replaced. By that I don’t mean replaced with something other than soap, but with a different kind of soap. The hand soap we have here in the restrooms (at least in the men’s room; is the lady’s room the same case?) just smells like those portable hand-wipes you take on hiking trips, and the scent really lingers on your hands after you get back to class. It’s not that this is a particularly unpleasant smell, but it is not a pleasant smell, nonetheless.

I see a number of possible factors underlying this. Perhaps this is the only soap product that we can buy in bulk. I will concede, that would be a reasonable response to my complaint – and therefore the problem would be not with our selection, but with the choices available to us. However, my rebuttal to this would be that we shouldn’t let ourselves be pushed around as consumers. Whoever does the shopping for the school Administration might write a fax or formal letter to Costco - or whomever – and request that they offer more of a variety of soap choices in bulk. This might be more of an issue for Costco’s distributor – “the middleman” – and in that case Costco would probably be glad to forward our letter on to them, assuming they aren’t able to handle it themselves. It may also be that we do have other options in the soap department, and we simply choose this type of soap over other brands that may even smell worse, or are more expensive, or both. I can certainly understand this, and after all, it may even be that most others happen to like the soap we already use, and wouldn’t want to switch it for another. This writer is certainly open to that possibility.



Zack Kinyon

All in all, as I see it, there’s no reason for us to continue to dispense this variety of hand soap in the restrooms, and I think that a number of kids who use it would agree with that statement. In fact, Novato High may even have the same problem, being in the same district and all. I will have to check on that.

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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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License to Drive: Right or Privilege?

By Paige Lehman

Citizens of every country are guaranteed certain rights and privileges not available to non-citizen residents. However, the United States has always been a land of immigrants—legal and illegal, and the issue of immigration sparks many heated debates across the nation. This was most recently demonstrated by the repeal of a California law that would allow illegal immigrants to get their drivers licenses. This is a complicated matter that delves not only into the rights of illegal immigrants, but also into those of citizens of this country.

Illegal immigration is complicated in itself.

California has a large illegal workforce, particularly in the agriculture industry. These workers are often willing to do the most undesired jobs. When they are in a competitive line of work, they will often work longer hours for less pay. The economy of California is affected greatly by this continual underclass of illegal workers. Some Californians believe that all illegal immigrants should be deported, no matter what the effect on the economy. Others think the solution lies in border control—it takes the average Mexican immigrant almost a decade to get a green card. They say that if the borders were easier to get through legally,

it would reduce the number of undocumented people in the state.

The argument for licensed illegal immigrants lies in the fact that it would be a way to document them. Drivers involved in an accident in which an illegal immigrant was at fault would no longer have to pay for their damages, as there would be something with which to track the person at fault. Working illegal immigrants would be able to apply for a license using a taxpayer identification number rather than a social security number.

Others argue that illegal immigrants are lawbreakers, and that they

should not be rewarded for their behavior. “It should be easier to become legal in this country, but the people who are here illegally aren’t entitled to the same rights as legal residents,” comments junior Kyle Pedro. Giving them drivers’ licenses would further enable illegal immigrants to lead normal lives in California. Besides being able to drive, they would now have a valid form of identification. For those who believe all illegal immigrants should be immediately deported, it seems unbelievable that the government is trying to help them at all. “Getting your license is a privilege, not a gift from taxpaying citizens,” says junior Pat Filipelli.

Recently, there were several walkouts across the state to protest the repeal

and workers from the Canal district of San Rafael marched to the Civic Center. Many illegal immigrants readily defend their case. They feel that because they work in California to provide services for citizens, they are entitled to more rights.

The problems of illegal immigration are not going to be solved overnight. Whether you agree with it or not, there is a large illegal population in the United States.

The fact that the illegal immigrant population is both largely employed and paying taxes just makes it all the more complicated. Although the law was repealed, it is obvious that this issue is not dead, and will continue to be debated and discussed well into the future.

Squirrels... Or Something Like It

By Clint Potter

Squirrels and gophers were never meant to be crossbred, but oddly enough this unnatural phenomenon has found its way onto the San Marin campus. Dozens of these strange critters are easily spotted during after-school hours, having just woken from their slumber. This leads to the age-old San Marin debate: Is it a squirrel or a gopher?

At first glance one might mistake these rodents for squirrels, but if you stop to think about it you might notice a few differences. Most of these rodents display gopher characteristics: 1) they seem to live in a colony, 2) they dig tunnel systems, and 3) they display a chunky figure similar to that of a gopher. Yet at the same time, these animals have retained most of the traits of a squirrel, which include a bushy tail, high agility and the ability to climb trees.

There are two

unfounded theories behind the origin of the squirrels of the San Marin campus. The first theory states that after years of scampering in between the feet of students and eating the chemically injected food of most students, the squirrels

developed the skill of



digging. The second

theory is a bit more intricate; this theory goes by “Adam and Eve” because it is believed it began with one squirrel and one gopher. The “Adam and Eve” theory claims that when San Marin was built,

many squirrels and gophers perished because of the rapid environmental change. The numbers quickly declined due to the gopher’s inability to obtain food from garbage cans and the squirrels couldn’t find shelter in the winter. So the last few of each species bred and created the highly successful squirrel-gopher that we see on campus today.

Despite the mystery surrounding the squirrel-gopher, it seems to be one of the more beloved residents on the San Marin campus, along with the seagulls, cats, rats, and caterpillars. This results from the common stereotype that squirrels are just cute and furry animals. One sophomore, Justin Sousa, sees through this candy-coated shell declaring, “Those things are invading my privacy. They throw nuts at my face.” This leaves us with one question: why would nature create such a diabolical animal? That we shall never know.

The Moon and Beyond

By Eric Eisberg

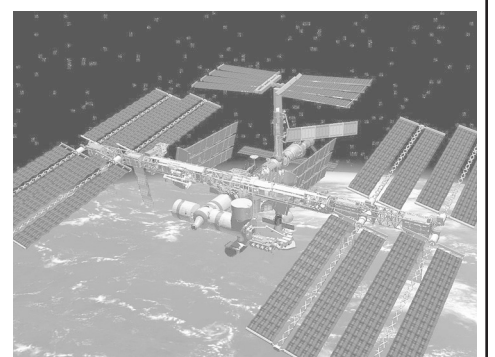
In 1969, NASA astronaut Neil Armstrong made history by setting foot on the moon, sparking world celebration and fulfilling President Kennedy’s promise to put a man on the moon by the end of the decade.

Thirty-five years later, the United States is again heading to the moon, and this time we would like to travel even further. President Bush unveiled a new 26-year plan this January to establish a permanent colony on the lunar surface by 2020 and send a manned mission to Mars by 2030. While many lawmakers from both sides of the aisle have lauded the president’s new plan, many have called into question its cost and relevance.

The plan itself calls for several ambitious steps, including the replacement and retirement of the space shuttle by 2010, in time for the completion of the International Space Station. By 2015, another manned expedition is supposed to arrive on the moon and work on a permanent colony should have begun. By 2020, the colony should be complete and NASA will be preparing for a manned expedition to Mars, to be launched from the lunar base. Throughout this period, NASA will be

conducting continuous experiments on the long-term effect of low gravity and radiation on humans.

Though much of the funding for these projects will come from redistribution of NASA’s \$86 billion budget, the president will be asking for an increase in NASA’s funding, and many critics are decrying it. They



point both to trouble at home that requires the extra funding and to competition with the People’s Republic of China, a rapidly emerging space power. One environmental activist even warned of a possible extraterrestrial arms race between the U.S. and China. The president has defended himself on both of these charges, saying that the money is not an issue and that he will welcome any international cooperation, calling the new explorations a “journey, not a race.” Either way, the U.S. is finally planning a return to the final frontier.

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Seven Simple Solutions for Keeping Your Resolution

By Shannon Silva and Allyson Walchli

A new year means a new start, and with the New Year officially in full swing the big question is: Have you been keeping your New Years resolution? If you're like the 88% of Americans, polled by the General Nutrition Center Poll, you have at least one resolution related to health and fitness.

Unfortunately, though most resolutions are motivational, the majority of people fail at following through with their goals of losing weight and becoming fit. With all the excitement surrounding these promises, it's easy to set goals that are unrealistic. So, what's the secret to a successful health resolution? Although it's not as easy as waving a magic wand, there are some simple steps you can follow to make fulfilling your promise to improve your lifestyle easier.

Step 1: Choose an obtainable model. Trying to convince yourself that promising to include daily physical activity of M&M's instead of the whole

Step 2: For those of you who are unsuccessful at achieving your goal, frustration, and disappointment. If you are still set on achieving a promise that you've made before, then try slightly altering it. Diets and exercise aren't the only ways to keep people healthy. Some people resolve to quit smoking or drinking. Being overweight isn't the only way you can jeopardize your health, reconsider your priorities.

Step 3: Create a game plan. At the beginning of January, write a comprehensive plan of how you can realistically obtain your goal. Although writing things down requires time and effort, it is a key step in reaching your resolution. Write your own personal plan and you'll be more likely to succeed.

Step 4: Break it down and make it less intimidating. Set several smaller goals to achieve throughout the year that will help you in reaching your ultimate goal. Then, even if you aren't able to reach your final goal, you will have made many smaller, but still significant, achievements. For example, if your goal is to run a 5k race in 30 minutes, your smaller goal could be running 2.5k in less than 15 minutes. Develop and edit your resolution so you decrease the stress and difficulty your goal may cause.

Step 5: Don't go at it alone! Ask friends and family members to help you so you have someone to support you. Just be aware even though you know your family cares, they can get annoying, so set limits so that this doesn't become more irritating than helpful. For example, if you resolve to be more positive in completing your goal ask them to gently remind you when you start acting negatively. Having a friendly cheering section will motivate to keep you going.

Step 6: Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as a reward. Instead, treat yourself to something non-food related, such as a day at the spa, or a professional massage.

Step 7: Limit your number of resolutions. You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all the resolutions. Take it one step at a time and you will have a better shot at success.

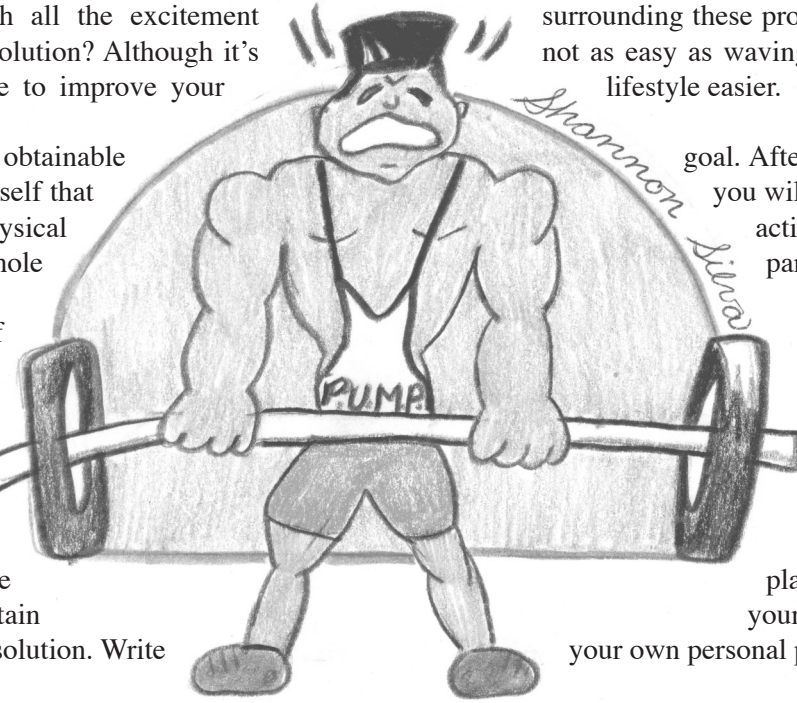
On average, only about 20% of us keep our New Year's resolutions. Unfortunately, for most of us, some of the biggest failures are found in the fitness resolutions. But don't let the statistics discourage you, Club Meridian and Marin Fitness are now accepting 2004 memberships!

West Side Story

By Brad McCarter

This spring, the San Marin Music Department is breaking new ground with their presentation of *West Side Story*, a musical that has never before been performed here at San Marin. The cast and crew of the show are both incredibly talented, and are dedicated to making this a memorable performance.

The cast includes a number of talented actors and actresses who are both inside and outside the music department. "I was excited to see so many people come and tryout. I really think this is going to be an awesome show," says senior Mia Ernst, whom you may have seen as the lead female role in *Music Man* or *She Loves Me*, and who is now playing the part of Maria along with junior Genevieve Greene, another rising star here at San Marin. Senior Whitney Lee and sophomore Jhanette Stranne



play the other female lead role of Anita, the sizzling and sassy girlfriend of Bernardo. Seniors Drew Gasparini and Eric Rivera, who have both performed in a number of other musicals, star as the leaders of the ever-conflicting street gangs, the Jets and the Sharks. Gasparini plays Riff, the leader of the Jets, and Rivera plays Bernardo, the leader of the Sharks. The other lead male role, Tony, is played by senior Brad McCarter who has been in plays here at San Marin numerous times over the past four years.

West Side Story opens March 5th and will run March 5-7 and March 12-14. With returning actors and actresses from previous years, and many new talented faces to the musical scene, everyone is anticipating a fantastic performance that is not to be missed.

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Sex, Dates, and Rock and Roll; The Fifties and Today

By Susie Q.

There is no question teenage life has changed since the 1950's. The malt shops have closed and the jukebox just isn't bumping like it used to. Teenagers in general have had a huge change in attitude since those sugarcoated days, and with this new attitude comes a change in that ol' time dating. Was the "goody-goody" dating back in the Leave it to Beaver days that simple, or was dating just as challenging and complicated as today?

A date in the fifties was a common event, but an exciting one at that. Dating was an opportunity to be seen as well as to be seen with your date, and it was considered a major social outing. Frequent dates were common between both sexes, and it was a goal among many to be asked out on multiple dates. The boy would ask the girl in advance if she would like to go on a date, typically a dinner, movie or dance. The male would pay for the entire evening and would, of course, fulfill all gentlemanly duties including opening doors and walking his date to her door at the end of the evening. After a few dates

with the same person, when there were strong mutual feelings between a boy and girl, they were said to be "going steady." This was when the couple made the decision to become exclusive, a huge step in a high school romance. This was typically followed by the exchange of a club pin, letterman jacket or a class ring, a sort of male marking on the girl to prove to all to whom she belongs to.

Another aspect to going steady was the commitment to be more

of teenage girls in the fifties had lost their virginity.¹ The lack of sexual knowledge and protection made sex forbidden and scary for most teenagers. And although 62 percent of teens today agree that sex education sucks, it is still more information than teens in the fifties ever received². The ignorance of teens in the fifties led to more experimentation. The entire experience wasn't as sweet and standard as that homemade apple pie.

Unfortunately for some, traditional dating in 2004 is virtually non-existent. The typical boy-meets-girl, boy-and-girl date, boy-and-girl go steady is not the average love path of American teens. Today the ride of love is more turbulent than ever before. In the fifties, identifying a couple was as black and white as the television; a couple was either beginning to date or going steady. Now it seems that teens' dating examples have set a static image of dating. Shows like *The Real World* and *The O.C* contribute to the blurry lines in teen relationships. These examples fuse the questions on whether couples are just friends, together, with, hooking up, or going out. The actual romance and

act of dating just doesn't happen any more. According to sophomore Angela Olmanson, "A hookup comes first, then people become a couple." Some may say that the romance has left teen dating all together. Pop culture represents pimps and players as positive male models, and these characters completely disregard the concept of respecting woman, hence influencing teenage boy's attitudes towards girls. There is no longer the exchange of jackets or jewelry, only the exchange of spit.

Dating may be almost obsolete in 2004, but sex is as heavy on the brain as ever. The forty years in between today and the fifties leaves room for liberalism and scientific breakthroughs that benefit the sexually intrigued teens of today. Words like gay, bisexual, STD, and birth control pills call for acceptance and alert caution among generation X teens. Although there may be no formal dates, sex still occurs with teens just as it did in the fifties. Today 53 percent of teenage girls lose their virginity before the age of

1950's

- Holding hands between classes
- Getting a pin
- Going to a sock hop
- Drive in Movie
- Hit Song: "Earth Angel"
- Necking
- Popular dance move: The Mashed Potato
- Pass a love note in class

Today

- Make-out session between first and second period
- Getting with him
- Going to a club
- Movie Theater
- Hit song: "Who's a Ho?"
- Making out
- Popular dance move: The C Walk
- Text message XOXO



sexually involved. This is the side of fifties dating not seen in *Leave it to Beaver*. "Necking," heavy kissing usually resulting in hickeys, and "petting," below-the-poodle-skirt activity, were common. During this era of innocence and the prizing of virginity, a surprising number of teen were actually having sex. By the time they were eighteen 43.1 percent

eighteen- not a huge change since the fifties, despite the amazing breakthroughs in technology.

Dating now may be drained of the old romance but perhaps this is for the better. There is no pressure to have a date each weekend and no constant splurges on dates to dip into your paycheck. But for those hopeless romantics, don't lose faith; the old ways of dating could come back. Then again that's what they said about disco.

¹ [Twentieth-Century Teen Cultures By the Decades](#) by Lucy Rollin

² [Teen People](#) November 2003

Whatever Happened to Pogs?

By Alex Randall

When was the last time you heard someone use the words "slammer," "stack," and "milkcap" in the same sentence? It's been a while. The pog phenomenon that took up the children of the mid-'90s like ducks in a tidal wave has died down quite a bit in the last few years. The game that was once the center of our youth has become close to obsolete in today's society. Most can still vaguely remember what the game was about, but for those less fortunate, here's a refresher course.

Pogs is a game between two or more people, each holding their own amount of caps along with a thicker, usually wooden, metal, or plastic "slammer." The players first agree on a certain amount of pogs to put in at the beginning. They

then form a stack with all the caps right-side up, an equal part of the stack belonging to each competitor. One person goes first. The participant takes a slammer and hits, or "slams" the pile with enough force to send the pogs flying. The ones that land upside-down are kept by that player. The stack is reformed with the remaining pogs, and the other players then take their turns. The players continue to assault the stack until all the pogs have been flipped. The stack is then refreshed with more pogs. The game ends when one player has won all the pogs or when the participants agree on a draw. Though some did enjoy playing the actual game, most children of the day simply collected pogs.

Though the craze began in the 1990's, the famous

caps actually originated in the late 1800's. In 1889, the milk cap was trademarked by H.P. and S.I. Barnhart. Though meant originally to seal milk bottles, they were also the right size and shape to become a toy. Soon enough, Hawaiian children created a "flipping game" with these mysterious caps. The most popular of caps was one from a tropical juice called POG (Passion fruit, Orange, and Guava). The game was passed on from one Hawaiian generation to another until 1994, when the game became popular. Toy companies in the other states recognized the simplicity in the creation of these items and took advantage of it. To maintain evidence of its origin, they named the toy after the Hawaiian juice. Pogs advertising all sorts of

things were put out in two varieties: normal-size caps, and larger ones called slammers. Eventually, the majority of popular companies put out a line of pogs along with the rest of their merchandise. A couple years ago, Taco Bell used pogs to promote *Star Wars: Episode I*.

While most students are able to retain memories of this unique period time

in their childhoods, some are not so fortunate. When asked if he remembered what pogs were, Sophomore Erik Steffenson replied, "Pogs? You mean sgop spelled backwards?" The pogs culture may never again be as influential as it was in the 1990's, but it will forever remain a part of our history and our childhoods.



Don't Leave the House! It's Friday the 13th

By Julia Capasso

By all appearances, this day is no different than any other day; the sun rises, people head off to work and school, commuters sit through heinous traffic, etcetera. This day, however, happens to be Friday the 13th, a day in which superstitious folk know to take extra care to avoid black cats, breaking mirrors, and walking under ladders. People suffering from paraskevidekatriaphobia will probably stay in bed all day- they possess an irrational fear of Friday the 13th. But from where and when did this deep-rooted fear originate? The superstition cloaking this fated day stems from ancient religious beliefs regarding both Friday and the number thirteen.

In ancient times, before Catholic and Protestant religions were developed, Fridays were holy days celebrated by pagans. Friday itself was named after Freya, a Norse goddess of fertility and marriage, and Friday was her holy day. When Catholicism became the dominant religion, its leaders deemed the pagan goddess a witch and declared Fridays to be unholy. (Also, according to Christian theology, Friday was the day Adam and Eve left the Garden of Eden, as well as the day Jesus was crucified and the Great Flood began.) Fridays in general became dreaded; people were cautioned never to start a journey, get married, sail a ship, or even begin a letter on a Friday. Combine these facts with the ominous qualities of the number thirteen, and Friday the 13th would appear to be the most unlucky day of all.

The number thirteen represented femininity in ancient patriarchal religions, and was also considered holy in matriarchal pagan cultures because it represented the number of menstrual cycles in a year. Thus, the number was vilified in Catholic religion. In addition, the Bible states that there were 13 people present at the Last Supper, after which Jesus was betrayed by one of his disciples. Thirteen also represents the meeting of 12 witches and the devil according to Christian theology. Superstition warns never to eat at a table with 13 people, for the first one to leave the table will die within the year.

By the late 1800's, Friday the 13th began to be widely feared, stemming from both superstition of Friday and the number 13. Accidents and disasters occurring on this day began to be attributed to the frightful bad luck of Friday the 13th, though many disregard the fact that accidents happen every day of the year. Because of superstition originating from thousands of years ago, Friday the 13th is generally viewed as a day better spent safely indoors.

Déjà Vu

By Paige Thelen and Kayla Schott-Bresler

Everyone has experienced the rare instance when he feels like they've been somewhere or felt something unusually familiar, even though they are sure that it hasn't happened before. Although people usually generalize this eerie feeling as déjà vu, there are actually three different classifications of this sensation.

Déjà vecu, "already lived," is the most common type of déjà vu. Charles Dickens explains this feeling of déjà vecu in *David Copperfield*: "We have all some experience of a feeling, that comes over us occasionally, of what we are saying and doing having been said and done before, in a remote time - of our having been surrounded, dim ages ago, by the same faces, objects, and circumstances - of our knowing perfectly what will be said next, as if we suddenly remember it!" Anyone who has had a similar experience can attest that feelings like these involve more than just the sense of sight; familiar smells or tastes can give the impression of déjà vecu as well.

A rare but vivid occurrence of déjà vu that can give a person a familiar feeling or emotion is called déjà senti, or "already felt." Three features separate déjà senti from the everyday experienced déjà vecu: 1) It is primarily a mental happening, 2) The person has no recollection of what is going to happen next, but is only familiar with the feeling, and 3) It seldom or never remains in the person's memory afterwards.

Have you ever been to a place for the first time and, for some strange reason, already know your way around, or are familiar with its surroundings and environment? This commonly mistaken event is known as déjà visite, "already visited." While déjà vecu has more to do with emotional occurrences and progresses, déjà visite relates to geography. Theorists have concluded that déjà visité can also be an "out-of-the-body" experience in which a person is apparently able to travel abroad, leaving his body behind. Only reincarnation provides justification for this rare event.

After being informed about the three types of déjà vu, you can identify which form has influenced you. Surveys have indicated that these experiences tend to occur more frequently to young respondents between the ages of 15 and 25. This is why many teenagers have felt this mysterious but inspiring feeling before. Knowing what you know now, maybe this creepy feeling will no longer feel quite so creepy.



Stonehenge

By Dina Rosenberg

Have you ever seen a picture or heard of the monolithic rocks of Stonehenge? Well, these magnificent stones were not placed there by magic. This mystical structure was constructed around 2950-2900



The circles of Stonehenge on the Salisbury Plains in Southern England

B.C.E. on the Salisbury Plain in southern England. Stonehenge, consisting of thirty upright stones weighing over twenty-six tons each, arranged in circles. One of the many unbelievable facts pertaining to Stonehenge is that the stones, hard-grained sandstone with a siliceous cement coating, were transported from a quarry about twenty-five meters away, without the use of draft animals. Archeologists have their theories of how these rocks could have been moved and assembled, but no one knows for certain.

Not only have scientists and historians done their share of research, but astronomers are also fascinated by the stones. They have discovered a fifty-six year cycle of eclipses by decoding Stonehenge, and have also found that equinoxes and the rising of the sun over the horizon appear to be perfectly placed between the gaps in the rocks. Even to this day, scientists observe the stones and the relation they have to the stars. This phenomenon creates a large interest not only in England, but across the world.

Today what is left of the original structure of Stonehenge lies still and quiet on the grassy countryside, slowly weathering away. Tourists and travelers are able to visit this miraculous site, and can even walk along the ditches of previously existing circles. Archeologists have concluded that the builders involved with the construction of this architecture must have had a highly sophisticated understanding of both arithmetic and astronomy. All agree that the creation of this prehistoric monument is a wonder and a mystery.

Myster

By Sophie Orgish

Its remote a of the Atlantic Ocean remain partially un the world, parts of E rich in tales of ever- continue to believe i

"Superstitio nature," says France When something ca to explain things tha of fascinating super partly Irish family, s going to kiss a fool,

One of the c they went about thei fire and water. Fire v cleansing power. It v children and cattle t this revered emblem

The Irish als horns of their cattle their strange tales of are unfailingly safe malicious spell.

Although it whether or not you l crazy superstitions f jolly green giants an leprechauns, it could start now. If the Irish to pass them through for centuries, there n truth in them. Or ma go to that beautiful and investigate for y



Haunts-R-Us

By Holly Long

Whether you have a firm belief in the supernatural or ridicule it completely, haunted houses have always been a great topic of gossip, as well as a theme for innumerable horror movies. It seems every area claims the right to some form of haunting, and the Bay Area is no exception. Write them off as coincidences, paranoia, or the results of an active imagination if you will, but any true believer can cite a host of unexplained events and ghostly apparitions as evidence. Reports of hauntings in the Bay Area range all the way from a Toys-R-Us to the former penitentiary Alcatraz.

The Winchester Mystery House near San Jose is probably one of the most well known haunted houses in the area, its bizarre architecture covering 6 acres with 160 rooms. After the deaths of her husband, president of the Winchester gun



company, and child, Sarah Winchester began adding to the original eight rooms with her \$20 million inheritance in 1884. She believed that if she kept adding rooms, she would be able to confuse the spirits of those killed by Winchester guns and protect herself from them. The house has 4 floors, 2,000 doors, 40 staircases, 47 fireplaces, 17 chimneys and 10,000 windows. Construction went on all

day, every day for 38 years. Stairways end in ceilings, doors open to the outside from upper floors or lead nowhere at all, windows look into other rooms, and secret passageways are hidden throughout the house. Among other occurrences, apparitions, cold spots and ghostly organ music are reported; its tourist appeal stems from curiosity about the supernatural as well as the house itself.

As for the aforementioned Toys-R-Us, it lies on the former grounds of a farm in Sunnyvale. The ghost of farmhand John Johnson is said to haunt the premises, looking for his lost love Elizabeth Murphy. He died from an accident chopping wood in the orchard. Cameras have recorded a shadowy figure moving along the aisles at night, and he knocks over boxes at night and plays other such pranks.

Alcatraz, used as a U.S. military prison from 1859-1933 and as a federal prison until 1963, is believed to be haunted in numerous ways. It was used to house some of the most dangerous criminals in the country, such as Al Capone and "Machine Gun" Kelly, under the harshest of conditions. Cell doors mysteriously open and close, and the sounds of banging on doors, voices, screams, crashes, and footsteps are reported. An intense feeling of being watched and cold spots are also reported, and there are stories of prisoners and guards seeing "glowing eyes" and the appearances of phantoms.

These are just a few examples of the haunted places in the Bay Area and their stories, but whether they are unfounded rumors or not is up for interpretation. If anyone has a desire to see an apparition and create a new ghost story, these are some places to start. You may come back scoffing at the notion of a ghost...or maybe you'll come back a believer.

The Aurora Borealis

By Myra Perez and Brad McCarter

The aurora borealis, more commonly known as the Northern Lights, has perplexed man for millennia. The mysterious lights that streak across the night sky are deeply rooted in the mythology of many different cultures of the northern hemisphere. Today, we take a more scientific approach to viewing this natural phenomenon.

Centuries ago, the Inuit people believed that the Earth was covered by a large, hard dome perforated with tiny holes through which light from beyond could shine and the spirits of the dead could escape. They believed that the Northern Lights were the torches of the dead leading the way for other spirits to the ether beyond the sky. In fact, this view was shared by many cultures, who believed that the lights were signs or omens from the heavens.

However, today we know that the aurora borealis is a reaction between ions released by the sun that collide with the Earth's magnetic field. The stream of ions the sun releases is known as a solar wind, and when this plasma stream of ions reacts with our magnetic field, the ions begin to glow. This collision makes the ions glow bright, producing what we know as the Northern lights.

Even though we now understand how the auroras work, these spectacular paintings in the sky continue to amaze and bewilder us nonetheless.



Legends of Ireland

and sheltered position to the west of the United Kingdom in the freezing waters makes Ireland a beautifully green country in which the old superstitions touched by the modern world. In a way that is similar to many countries around Ireland have been swept up in the tidal wave that is technology. The land, once present fairies and powerful gods, has since lost some of its pagan flavor, yet the Irish in the superstitious tales of their forefathers.

on, or the belief in unseen, mysterious, spiritual influences, is an instinct of human. Asca Wilde, author of *Ancient Legends, Mystic Charms, and Superstitions of Ireland*. cannot be explained in terms of logic, humans tend to turn to suspicion, and often fear, that they do not understand. The Irish of old loved to spin stories, leaving the rich web of superstitions and legends that thrives today. Sophomore Chelsea McRae, who comes from a family of superstitions, says, "My grandma has all of these superstitions, like if you have an itchy palm you're going to get married soon, and if you drop a fork you're going to get married soon."

One of the oldest tales is of an ancient fairy race that hovered vigilantly around the peasants as they performed their everyday tasks, and another superstition is in the revered and sacred elements of nature. The ash tree was thought to be the material form of God and was believed to be full of mystical powers. It was for this reason that the Irish often made a circle of protective fire around their homes to guard them from harm because they thought that evil spirits could never pass through a circle of divine beings.

The Irish also held the ash tree as an all-powerful shield against witchcraft; they crowned the trees with garlands and decorated their children's cradles with the boughs to ward off evil influences. In the olden days, if a girl danced with the dead, mortals that are drawn into their supernatural company, she must hold a branch of the ash tree until they are securely out of reach of the fairies'.

It's up to you to believe in these legends from the land of the leprechaun and mischievous fairies. It may be beneficial to you to have continued to hear the word of mouth legends. There must be some truth to it. Maybe you should visit the green country of Ireland yourself!

Other Irish superstitions are well known and have been spread through word of mouth around the world. Here are some of the favorites:

- *Friday is the unluckiest day of the week.
- *Never rock an empty cradle.
- *Never kill a spider.
- *The robin and swallow bring good luck.
- *The crow and the black hen are signs of evil.
- *When a whirlwind occurs, the legend is that a devil is dancing with a witch.

Who do we think we are protecting from sex education?

By Alyssa Pomponio

Children are the future and education is the tool they need for tomorrow. Every year it is said that there needs to be more education so youth can prepare themselves for things to come. But though there seems to be a strong commitment to education, limited steps have been taken to verse students in real-life areas, especially regarding the taboo issue of sex.

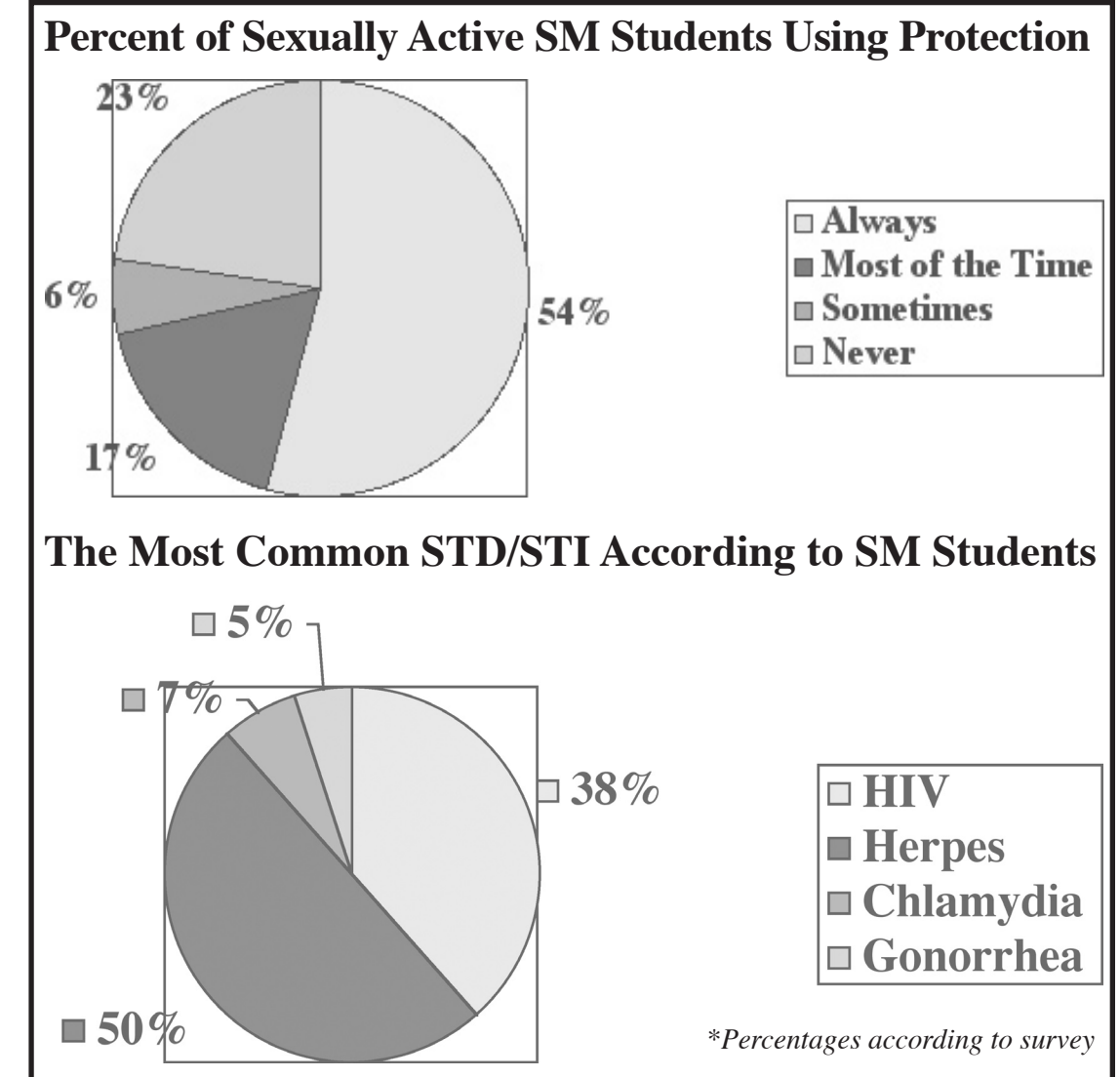
The question whether sex education should be taught at home or in school seems to be overshadowing the real issue: teens don't know about sex. Statistics show that one in four teenagers contract an STD/STI each year in the US. Maybe if teenagers were taught about different forms of protection, they could reduce this alarming figure. But, Novato Unified School District has made sex education very limited. Biology teacher Jennifer Yorty explains, "We can only teach the bio aspect - what causes STDs and how they spread. We are not allowed to teach about different protection."

The Science department at San Marin offers a two to three day lesson about STDs/STIs in Biology and Integrated

II. In Biology, students fill out a packet of information and perform a lab that demonstrates how STDs/STIs are transmitted and how fast they spread. In Integrated II, REACH, a peer-led program for Marin County teens, comes and discusses different STDs/STIs and risks.

Many assume that the new Health class teaches about sex; however, this is misconception. Health teacher Ken Feldman explains, "According to the district, it is an abstinence-based course." The curriculum doesn't go into sex in any sort of detail, but it does discuss STDs/STIs during the Disease unit. Feldman stresses the course description, "This is a health class...not a sex education class." The course focuses on physical, mental, and emotional health. Feldman's goal is to give students a foundation so they are able to make responsible decisions on their own.

Though basic facts about STDs/STIs are covered briefly in these three courses, students aren't retaining the information. Out of 60 students surveyed anonymously, only four, or seven percent, answered correctly that chlamydia is the most common STD/STI



in the US. Meanwhile 38% and 50% thought HIV and herpes respectively to be the most prevalent. Some might say that knowing the leading STD/STI is not essential information; they agree with Feldman that the decisions made are what are important.

Yet, 46% of students who identified themselves as being sexually active use protection less than always, with 23% admitting to never using protection.

Neither district nurse Laura Lichtner Wyrun nor San Marin nurse Julie Leutbecher could be reached for comment regarding whether the district plans to take any steps in helping to decrease these figures.

There is a clear need for more sex-ed, and non-school affiliated groups like REACH are trying to meet this need and educate students. REACH is a peer health education group that deals with sex, drugs, and alcohol, tackling these tough issues by teaching in comfortable environments that are led by trained students. Senior Laura Cherkas, a "Facilitator of Schools" REACH member, explains, "It's dangerous. Even if people know that they should protect themselves, they have to know how to do it right. They need to get the complete information." Programs like REACH are making progress throughout Marin County, but NUSD is an obstacle. "NUSD is pretty much the most backwards of all Marin County school districts. It is the only district that is still abstinence-only. Kids at other schools are much more

educated," says Cherkas. For example, REACH sponsored the Condom Crusade last year, a fundraiser in which sex education information was handed out and local bands performed. When the program tried to put up flyers for the event on NUSD campuses, the district intervened saying that the word "condom" was unacceptable. At press time, REACH was trying to get approval for a condom table on high school campuses for National Condom Week, February 8 to February 15. They will only give information and try to convince people to be safe, not give out condoms; yet, even this is receiving opposition.

In the face of controversy we are left with facts. This newspaper is in no position to solve the issue of where this education should come from, but it is obvious that students aren't receiving what they need. Somebody needs to step up and teach a comprehensive sex education to students. Groups such as REACH are trying to fill this void, but district policy is preventing them. If things are left as they are, statistics are only going to become more alarming, and the youth of today will enter the "real-world" ignorant about this extremely important issue.

Fun Facts

Compiled By Ben Calkins

An ostrich's eye is bigger than its brain.

A pig's orgasm lasts for 30 minutes.

It was discovered on a space mission that a frog can throw up. The frog throws up its stomach first, so the stomach is dangling out of its mouth. Then the frog uses its forearms to dig out all of the stomach's contents and swallows the stomach back down again.

In England, the Speaker of the House is not allowed to speak.

Studies show that if a cat falls off the seventh floor of a building it has about a 30% less chance of surviving than a cat that falls off the twentieth floor. It supposedly takes about eight floors for the cat to realize what is occurring, relax and correct itself.

Your stomach has to produce a new layer of mucus every two weeks otherwise it will digest itself.

101 Dalmatians and Peter Pan are the only two Disney cartoon features in which both parents are present and don't die throughout the movie.

To escape the grip of a crocodile's jaws, you must push your thumbs into its eyeballs-it will let you go instantly.

Reindeer like to eat bananas.

No word in the English language rhymes with month, orange, silver or purple.

The word "samba" means, "to rub navels together."

Sherlock Holmes never said, "Elementary, my dear Watson."

More people are killed annually by donkeys than die in air crashes.

Bermuda Triangle

By Abby Yim

The Twilight Zone, the Devil's Triangle, Hoodoo Sea and Limbo Lost are all names that have been used to describe this "anamale" of nature. However, the Bermuda Triangle is the most popular nickname, given to the large three-sided segment of the Atlantic Ocean bordered by Puerto Rico, Bermuda and Fort Lauderdale, Florida. People have been claiming that this area is responsible for hundreds of erratic incidents. Yet, what made the Bermuda Triangle legendary is in fact no more than inexperience mixed with fiction.

On December 5, 1945 Flight 19, consisting of five Navy avenger bombers vanished while on an ordinary training mission. In this area six aircraft and 27 men supposedly disappeared without any trace. The mystery of the Bermuda Triangle erupted after those reports and more and more stories of "disappearances" and "unusual behavior" were blamed on the triangle.

However, when all facts around the puzzling incidents that led to the creation of the Bermuda Triangle legend analyzed, it is far less mysterious. Flight 19 consisted of crewmen that hadn't finished their training. The patrol leader, Lt. Charles Taylor had requested a substitute because he was feeling ill. The compass had malfunctioned during the flight and a storm overtook making it difficult for even the most experienced pilot. Fort Lauderdale air base continued radio contact for as long as possible then sent a search party to retrieve Flight 19.

The Martin Mariner was included in the search party and was also a contributor to many people's assumptions about the Bermuda Triangle. Many have believed that the Mariner disappeared along with Flight 19. Unfortunately for fans of the supernatural it did not vanish; it exploded 23 seconds after takeoff. The explosion was a

common occurrence caused by a malfunctioning gas tank. Several onlookers witnessed the event.

Right before Fort Lauderdale lost contact with Flight 19, the plane had been traveling farther towards the Atlantic coastline. Norma Gaffron in, Great Mysteries. The Bermuda Triangle offered an explanation for the disappearance of the plane. "No known wreckage from Flight 19 has ever been recovered...The pilot led the planes so far into the Atlantic that they were past the continental shelf. There the ocean abruptly drops from a few hundred feet to several thousand feet deep. The deepest point in the Atlantic Ocean lies within the Bermuda Triangle."

So before you have a massive panic attack while boarding a plane that crosses the Bermuda Triangle, don't despair. The events surrounding this "mystery of the universe" can easily be explained and demystified.

A Dramatic Weekend

By Kristen D'Angelo and Alex Randall

The holidays have come and gone, and to most people, January began the countdown to Presidents' Week. To those in the Advanced Drama class, the end of winter vacation started the preparation for the Lenaea Drama Festival. On Friday, January 31, the students arrived at San Marin at 7 A.M. before beginning the two - hour trek to Sacramento State University to spend the weekend competing against 80 other schools with the monologues,

scenes, and the one-act play the students had prepared. For the senior members of the group, this was their last time participating in this annual statewide contest. Andy Zabko, the lone four-year drama student, shared his thoughts about the upcoming festival, saying, "It's really a great chance, as actors, to learn from other people and grow as a performer. Lenaea itself is a wonderful experience."

This year, San Marin sent students to perform four

monologues, two scenes, and a one-act play. Alison Greggor, Annie Rollison, Shane Rose, and Andy Zabko performed the monologues. The scenes were presented by the teams of Jamie Brandley and Erin Brydon, and also Shane Rose and Meg Paulson. The one-act play *The Real Inspector Hound*, by Tom Stoppard, included a number of talented drama students, and was directed by fellow classmates Madeline Stoddard and Andy Zabko.

This play was selected by the drama teacher, Linda Kislingbury - Cain, after she had her beginning drama classes of last year present scenes from various one-acts, Decided on this one (because) I thought this was the best piece to take to Lenaea, and I was familiar with it because I had produced it 22 years ago at Ross Valley Players." This

Concert Corner

By Julia Capasso

Evanescence at the San Jose Event Center on Friday, February 13

Hoobastank, Linkin Park, P.O.D., and Story of the Year at the Arco Arena on Wednesday, February 18

Nuclear Rabbit and Thought Crime at the Pound on Saturday, February 21

Melissa Etheridge at the Fillmore, February 22-24

Simple Plan, MxPx, Sugarcult, and Billy Talent at the Warfield on Wednesday, February 25

Britney Spears at the Oakland Arena on Tuesday, March 9

Elvis Costello at the Warfield on Thursday, March 11

The Casualties at the Pound on Wednesday, March 17

Dropkick Murphys at the Warfield on Saturday, March 20

Damien Rice at the Warfield on Saturday, March 27

The Get Up Kids, Recover, and Rocky Votolato at Slims on Monday, March 29



hilarious "who dunnit," along with the other competition pieces, was displayed to parents and friends at a Café Night on Monday, January 26 in the San Marin Student Center.

Despite conflict, San Marin managed to claim two awards this year. Annie Rollison, on her first trip to the festival,


earned a Most Improved award for her monologue from the play *Juvie*. Also, *The Real Inspector Hound* received a Judge's Special Recognition Award for Most Comedic Entrances and Exits. Congratulations to all participants in this year's festival, and keep up the good acting!

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Mustangs Stampede Through Competition

By Allyson Walchli, Shannon Silva, and Paige Thelen

The San Marin basketball season has begun and major improvements are visible on all teams this year, including wins against our rival Novato by both varsity teams, J.V. teams, and freshman girls. The girls' program, with five new coaches, seems to be fulfilling their goal of setting new traditions for Mustang girls' basketball and valuable player additions have drastically affected the win and loss records of the boys' program.

Varsity Boys

Impressive offense and defense abilities have allowed the Mustangs to compete with many skilled teams this year. They challenge each team with a close and exciting game hoping to achieve an MCAL title for the first time in years. Coach **Chad Stewart** maintains order and discipline at every practice and game, which help led the team to

the audience something to cheer about, and the two sophomores, **Chris Dittman** and **Billy Nicolini**, are adapting to the varsity style. Everly scored three 3-pointers during a pre-season game in December and senior **AJ Hennessey** was seen boxing out under the basket, getting well over 10 rebounds for his team. We're hoping to see great things from the boys as the season winds down, like an MCAL pennant.

Varsity Girls

The thirteen girls on Varsity basketball all appear to be "1st-string" material. There are no players lagging behind or blocking the open lane to a likely chance at making the MCAL playoffs. Sophomore **Dana Sockolov** remarks, "even though our record seems to be slipping, I still feel we have a shot at MCAL's because we come together well as a team." Coach **John Franczak**

Pelka's tough defense, junior **Megan Pachetti's** invincible shooting, and sophomore **Nicole Domecus'** quickness under the basket, a perfect recipe against defeat is being stirred up and will hopefully result in a successful season for the Mustangs. They are hoping to improve their record of 4 - 4 as the season progresses.

J.V. Boys

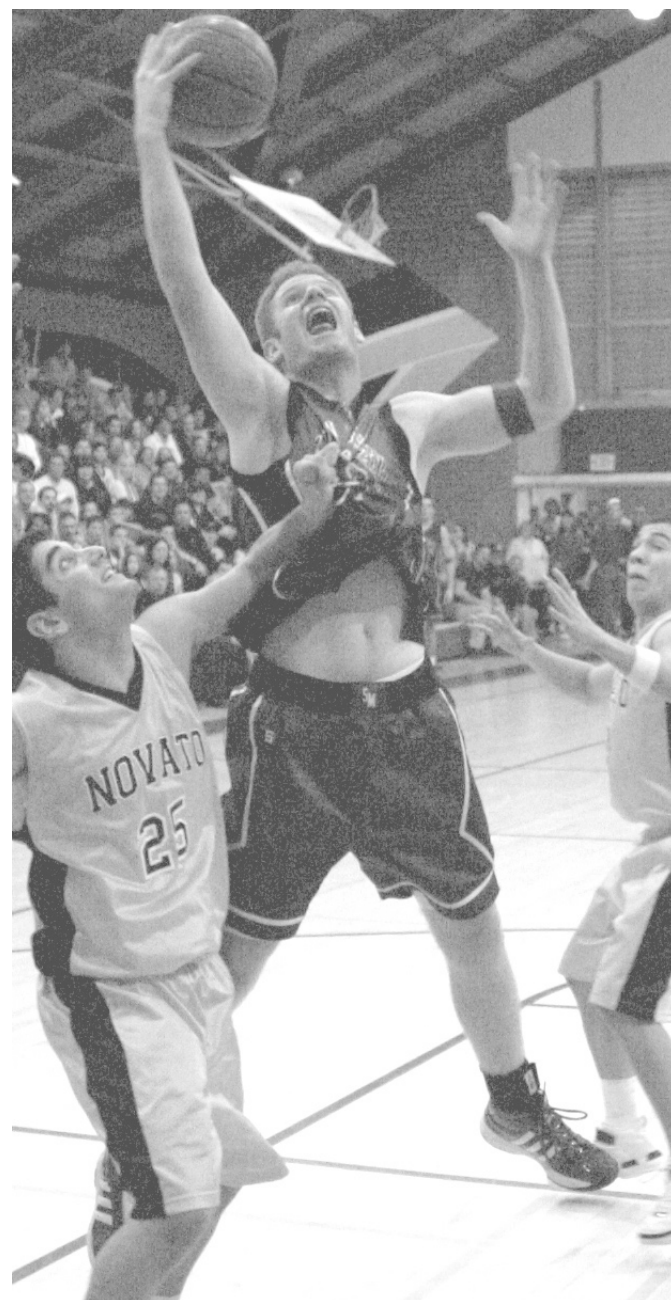
Though their record doesn't show it, the J.V. boys' basketball team is working hard to improve their skills. Their desire is to excel in practice as much as possible. Coaches **Rob Pheat** and **Greg Cunha** motivate their players to work hard and keep a good attitude. Junior **Jeff Baum** leads the team both offensively and defensively and had a game scoring high of 23 points against Novato. With his left-handed shot, he seems to score much of the team's points and contributes many steals and assists. Sophomore **Garret Bartok** also contributes his quickness to the Mustangs. "It's been a slow start, but I'm sure we'll pick it up soon," says sophomore **Alex Deconde**. Despite their somewhat disappointing record of 1 - 8, the fans still continue to support their one and only J.V. boys' basketball team.

J.V. Girls

The J.V. girl's basketball team of 2004 is limited to only 11 players, and without **Denise Nilan** at the beginning of the season, only 10 players were able to play. Nilan was truly missed; she performs well underneath the basket and is the heart of the team. However, the Mustangs were still able to win a few games without

their only junior, and their spirits stayed high. Coaches **Sean Kenney** and **Kim Mevis** are dedicated to discipline

beginning to understand the benefit of working together. Newcomer **Jimmy Puccinelli** explains, "Although



AJ Hennessey brings down a rebound against Novato defenders.



Kelly Fitzpatrick goes up to block the shot.

an impressive record of 2 - 6. Senior **Zach Bachmeier**, junior **Joe Everly**, and senior **Brian Tuel** continue to give

emphasizes a good attitude and hard work to drive his team to a winning season. With senior **Christina**

and both have been patient with some disappointing games. Sophomore **Trelasa Baratta** has helped the team tremendously with her outside shots and strength under the basket. She contributed 16 points in the 2nd game of the season against San Rafael High School, an impressive overall performance. It will be interesting to see how the J.V. choose to end their season of 2004. Go Mustangs!

Freshman Boys

With a record of 1-8 the eager new freshman team is hoping to enhance their performance. Coach **Lary Dillon** encourages his players to possess good attitudes, as he contributes to the overall spirit and motivation needed for the team. Starter **Vince Ross** says, "He runs us hard, but I am sure that it pays off in our games." The team is starting to bond and is slowly

our team has not shown excellence in our games, I believe that we illustrate great communication and teamwork."

Freshman Girls

With some of the players following in their older sisters footsteps, who are members of the varsity team, the school spirit and energy coming from these freshman girls is incredible. Coach **Fred Lucas** helps them along as the intensity of their game continues to increase. Marin Catholic experienced a close game with the Mustangs, and in the end the girls ended being the only team to beat Marin Catholic for years. Their record of 6-3 shows the determination of the anxious freshman and the dedication they possess is apparent in their practices,

Wrestlers Strive for Perfection at MCAL Finals

By Pat Deshazo and Brendan Dempsey

Injuries, illness, hunger, lack of depth, and people quitting are all factors the San Marin Wrestling Team has dealt with over the past three months. Despite these factors the team is posting a 5-1 record heading into their last two dual meets. The wrestling team edged out Redwood and Justin Sienna in tight matches, and also scored victories over cross-town rival Novato, San Rafael, and Drake in a dominating fashion. Dino Maioriello leads the way with a 6 and 0 league record, all his wins coming by pinfall. The wrestlers are doing this with an inexperienced squad that consists of only three seniors and six sophomores.

Despite their quality of wrestling, the inability to fill every weight class has finally cost the team a match. The wrestlers give up eighteen points before stepping foot in the ring. "We forfeit three weight classes so we have to dig ourselves out of a hole each time the dual gets underway," **Tyler Rushton** explains. "We have to make up the points by winning each match and not getting pinned." The hole was too deep for the wrestlers

against Tamalpais. Despite outstanding performances by first year wrestlers, **Loney Nicol** and **Barret Taylor**, who both posted pins for the Mustangs, the wrestlers came up a win short. The wrestling team refuses to be discouraged from the loss, knowing they must have near perfection at MCAL Finals to bring home the league pennant. "We must win all the close matches and have our young wrestlers step up and earn us some team points for us to accomplish this task," exclaims Steve Needham. The wrestling team recently traveled up north to Arcata to take part in one of northern California's biggest tournaments, which features schools from Washington and Oregon. Steve Needham rallied the team going 4-0 to win the 160 pound weight class. Brendan Dempsey placed second at 140's letting the placers were Tyler Ruston (5th, 189's) and Pat Deshazo (6th, 152's). The wrestling team is still looking for wrestlers to fill the vacant spots ranging from 103 pounds to 119 pounds. If you fit this category then come help you school bring home the league championships.

ATHLETES OF THE ISSUE

Nicole Domecus



By Joey Mertel

Sophomore Nicole Domecus is one of the Lady Mustangs' finest. Standing at five feet ten inches tall, number 24 is one to watch out for. Starting out her high school career as a Marin Catholic Wildcat, Domecus soon realized that San Marin was where she wanted to be. Starting on the Varsity team as a sophomore, Domecus has quite a future ahead of

her. "Her talent and skills on the court help make us a winning team," says teammate, junior Stephanie Nevin.

She is a great addition to the sports program at San Marin and makes for one valuable Mustang; as this year's tennis, basketball, and soccer teams will be greatly enhanced due to this transfer. "My boyfriend Jeff Russell is an inspiration to me.

He taught me everything I know," declares Domecus. Teammates also greatly appreciated Nicole's value to the team. Domecus says she is very comfortable with the team this year and that all of her teammates are very supportive. Teammate Elena Miller states that Domecus's "rebounding and speed is a big asset to the team." San Marin is very pleased to have Domecus be apart of the Lady Mustangs.

Brendan Dempsey



By Abby Yim

It's a well-established fact that wrestling is one of the hardest sports to endure as an athlete. It's commonplace to hear reports of people having to either gain or lose inordinate amounts of weight just to qualify to compete. Add to this the vigorous training and the tiring matches and wrestling becomes a sport for only the committed. Senior Brendan Dempsey is no stranger to the lifestyle of a wrestler. Currently in his fourth year of wrestling, he has already placed in the North Coast Section championships twice. Anyone who knows the requirements for NCS would agree that placing, let alone placing twice, is a hard feat. NCS represents

nine schools in the county with one varsity for each weight class. Dempsey placed third his sophomore year and second his junior year. In his fourth and final year, Dempsey is more then determined to come out first. His daily regiment consists of a two mile run in the morning, no breakfast and a lunch absent of carbohydrates or junk food, just protein "I usually eat a piece of chicken, a hard boiled egg and some string cheese," says Dempsey "lunch is my biggest meal of the day." Less then a half an hour after school is out, team training begins. A two and a half mile run, followed by wrestling matches and sets of pull ups and sit ups. That alone would be exhausting but after a simple dinner again absent of anything

but protein and a bottle of water, Dempsey goes to the gym for a three-mile run and maybe two miles on a bike. "It's not just the physical part of training that wears me out, it's also the mental. Everyday of weight cutting and only being able to eat a certain amount is really hard. You're having to constantly think about gaining weight." It's common for many wrestlers to drop out right about this time. Burning out both mentally and emotionally would be an easy route for anyone having to endure such a rigorous schedule. Brendan Dempsey is definitely not willing to give up though. The 23-7 record that he holds down is a clear example that any competitor that is up against him will not have an easy fight.

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Automobiles: Your Graduation Gift; 2001 Mitsubishi Eclipse GT, teal with tan leather, loaded, great sound system CD changer, sunroof, 48,000 miles. One owner. Perfectly maintained. Low Bluebook \$14,500.

Sports Equipment: Nordic Track; Keep that New Year's resolution without joining a gym! \$70.

Clothing: Jacket; Retro black and red "Flying Tigers" bomber Jacket. Satin lined. \$15. Very cool logo on back.

Furniture: Tall Solid Dark Oak Etagere; Glass shelves on top, cabinet below. Photo available. \$60
 Sleeper sofa; double, pastel stripes. Nearly new. Great for small space. Photo available. \$225
 Green and peach country sofa with matching area carpet. Photo available. \$300 for both
 Table Lamp; goes with both sofas. \$10
 Antique Vermont solid pine long, low under-window bookcase/planter, with solid copper plant trays. Beautiful piece. Photo available. \$200.
 Antique solid oak washstand: \$300

Electronics: 2-tape Boombox for playing/coping tapes. Make offer

Toys: Old Lionnel model train. Make offer.

Contact: Jeanie Jacobson email to jejacob9@aol.com

A Discourse on Love

By Shannon Silva and Allyson Walchli

With Valentine's Day quickly approaching, it is an ideal time to consider the true meaning of romance. From the time we were young we listened wide-eyed and eager to fairy tales and fantasies of distant lands. Tales of beautiful princesses being rescued by charming princes who take them away on their snowy, white stallion. They are presented with an enchanted life where they live "happily ever after." Their relationship is passionate, intense, dramatic, and of course, perfect. Their love is able to overcome any obstacle because they know in their hearts that they have found "the one." But as we grow up, we realize finding the one is not as easy as being rescued from a tower and carried away on a flawless as the ones we read about. sweet tale and cannot wait for the galloping horse. However, we still imagine our future as smooth and

Then, as if a spell had been cast upon us, it happens! We look into each other's eyes and something powerful and mysterious overwhelms us. We feel a sudden spark of energy, passion, content and spontaneity. As love can be intense and magical, we give in to this incredible vigor. We are able to be ourselves by doing and and sadness soon become distant emotions

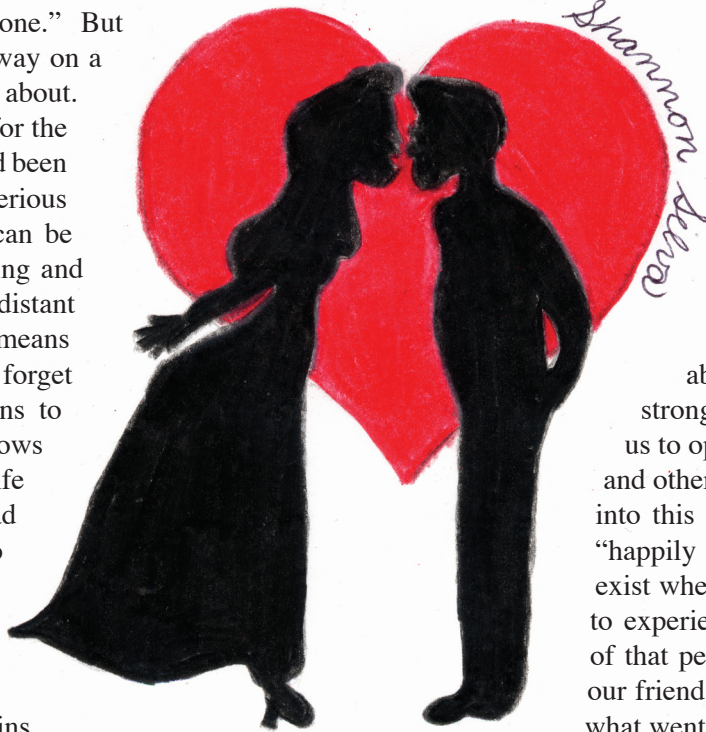
Finding a soul mate means discovering your other half, someone who makes you happy when you are sad, and allows you to forget about that big fight with your parents or that terrible grade on the math test. Soon this sensation turns to stronger and more intense emotions. This next step in the path of relationships is love. Falling in love allows us to open up and be completely comfortable with that special person. You may possess a new outlook on life and other people; we feel more alive and take extra care in our presence.

But then, as we read into this beautiful fairy-tale, it dawns on us; sometimes slowly and other times instantly: there will be no "happily ever after." We begin to experience anger, pain, and disappointment-exist when in the land of love. What was once easy and effortless is now difficult to experience isolation and loneliness. The excitement of being in love and the of that person's hand no longer seems warm to the touch. It begins to feel cold, hard, and gloomy. Even our friends notice a change in our attitude and begin to question our motives. But the real question still remains, But what went wrong?

The story of a romantic fairy-tale love is a myth that leads almost everyone to misery. The breathtaking passion we experience in the beginning of a new relationship is actually a time of serenity, giving us a clear vision of the infinite possibilities of loving. The feeling of this magical love is the shortest stage in a long-term relationship. Eventually the feeling of a fresh, ideal love begins to die and along with it goes the thought of a perfect, flawless love. The initial excitement we feel is a fork in the road, which ultimately leads to affection or despair. Inevitably, the enjoyment and easiness of the romance is replaced by aching and yearning.

Once we learn to cope with the heartache, we are left with several choices. Our first choice, but probably not the best response, is to blame everyone and everything except ourselves for the way things ended. We can make excuses and say that our partners ruined the relationship or that they never cared, but in reality we know that both people play a key role in maintaining and diminishing a relationship. Although for many of us it is difficult to swallow the fact that a love as sweet and tender as this could end so abruptly and harshly, but we must not feel sorry for ourselves.

However, if we are blessed with an open mind, we may identify this occurrence with sadness and hurt but realize that this pain has actually benefited us. We can learn from our mistakes and determine the types of relationships we want to be in, instead of avoiding them. When we open our hearts completely, our fears give way to extraordinary acts of compassion and unselfish caring. Effortlessly, we discover who we are and to what extent we are willing to reach for love. True love is real and genuine; it is a connection that can uplift the spirit of any dead soul: it will find you.



Love Potion #9 - The Ultimate Love Mix For Your Valentines Day

By Denise Nilan

1. "In My Life" - The Beatles
2. "Can You Feel the Love Tonight" - Elton John
3. "I Will Always Love You" - Whitney Houston
4. "Lets Get It On" - Marvin Gaye
5. "L-O-V-E" - Nat King Cole
6. "This I Promise You" - N*Sync
7. "You Are So Beautiful" - Joe Cocker
8. "I Do" - 98°
9. "At Last" - Etta James



Quick Facts:

- 15% of all U.S women send themselves flowers.
- 3% of pet owners give their pets Valentine's cards or gift

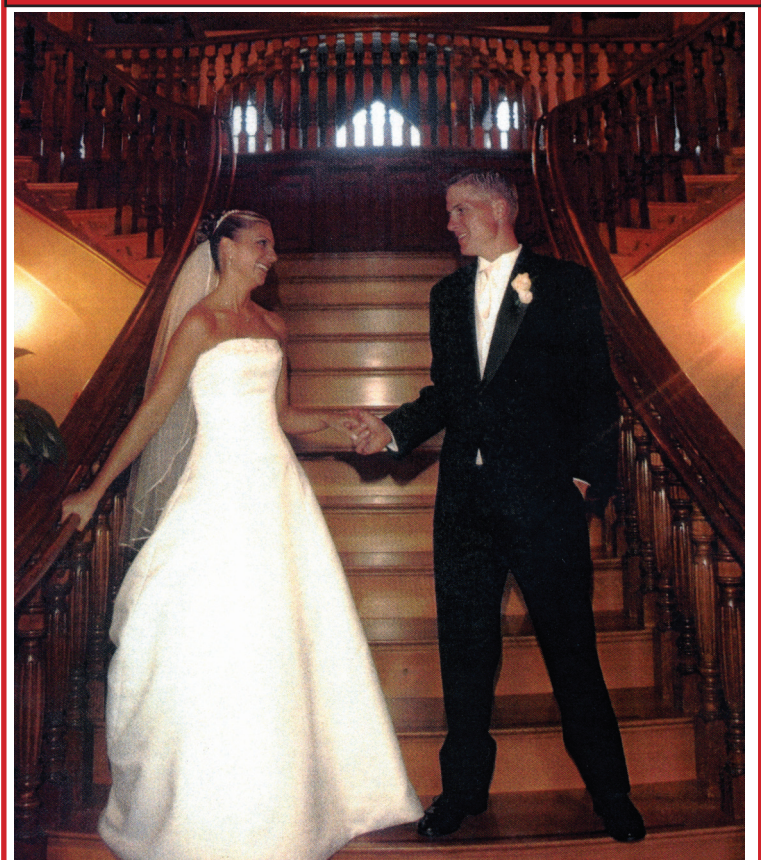
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A Match Made in... San Marin



Think the Data Match is just random computer matching? Well, Kirk and Jill Lear would disagree. In her freshman year at San Marin in 1994, Jill Carley was matched with senior Kirk Lear on her data match. "He was my number one - 98% compatibility," says Lear. The two began dating in 1996 and married August 2, 2003. The Data Match predicted this couple, maybe it will predict yours next. So, in spite of skepticism, go buy your data match, if not to support the senior class then to find a possible true love match.