



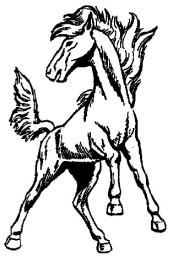
**UC Cutbacks:
Any Room
For You?**



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Food, on
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Pony Express

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Grand Theft Auto: San Marin

By Sean Johannessen, Zack Kinyon, Alyssa Pomponio

An inordinate amount of theft is taking place at San Marin High School, in the form of automobile robbery. Interestingly, many of the car thefts that have taken place at school are of the same model

Teague found that someone had stolen his 1993 Honda Civic SI before lunch. The car was parked on Novato Blvd. near the back of the school. The car was found later that day by Teague's

expect the school to take on more responsibility also. Some suggest simply hiring a few more yard duties to provide a closer monitoring of the parking lots. Pedigo, in agreement with the other victims, feels that car thefts can happen again. He suggests, "Yard duties should patrol the parking lot. There should be supervision of the lots when students aren't around." But would this physically prevent the perpetrators from getting away? Most likely not; however, it would mean a greater opportunity for an eyewitness to identify the thief and perhaps prevent a "coast clear" from facilitating the attempted break-in.



of car.

Three of the four victims have had their Acura Integras stolen. Some speculate that this is more than a coincidence. Senior Kevin Dougherty has had his Integra stolen from him twice. "I think," said Dougherty, "that it may be the case that someone has made spare keys to different cars, like a master key." The number of Acura Integras taken lends credence to Dougherty's thesis.

Senior Ryan Pedigo, whose Integra was stolen just weeks ago, believes that he knows why these cars have been targeted. "All of the Integras had been upgraded and had after-market wheels." Pedigo's car was found in Vallejo, just two days after it was stolen. The thief put 60 miles on the car and stole two rims, two lugnuts, an amplifier, and 50 CDs.

There is one case that doesn't follow the same pattern, though. Senior Matt

dad. Teague found no damage to the car other than the harm that was caused when the thief started the car with a screwdriver. The thief stole a pair of shorts and a portable CD player that was lying on the floor of the car.

In response to these crimes, students are realizing that though they can't stop any thefts from happening again, they can prevent them. The police officer working with Teague told him that even though "the Club doesn't work", it may intimidate potential thieves. Teague, like other several other students on campus, has decided to invest in an alarm system. He also decided that it is safest to drive a different car, which he probably won't park on the street.

Besides what the students can do to keep their cars safe, they

Why are people stealing cars from high school students? Many students enhance their automobiles with expensive equipment, which provides substantial resale value in itself, and has little traceability compared to an actual automobile. There is nothing wrong with enhancing cars, but it does indeed tempt potential thieves to make off with your

wheels, even if they don't want to drive them for long.

There is no sure way to prevent more car thefts from taking place on campus. But students should be aware of the potential danger and respond accordingly: try to park in the lots (not on the street), get an alarm system, and don't leave expensive items lying out on the floor or on the seats.



If you could be on MTV's Made, What would you be and why?



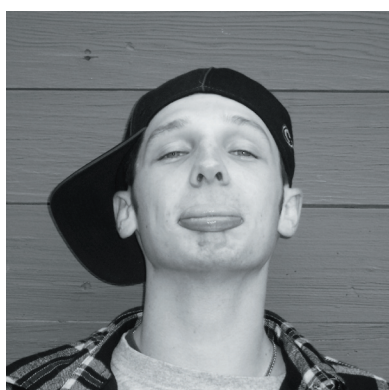
Lindley Schnyder - "I'd be a race car driver, so I could be in the Kentucky Derby."



J.J. Miller - "I'd want to be Michael Jordan, so I could retire & have my face on a cereal box."



Bonnie Lummis - "I'd be an underwater basket weaver."



Zach Bachmeier - "I'd be a river dancer or Peter Pan, because I love the tights."



Eric Briggs - "I'd be Joey Mertel, so I could get all the ladies."



Bonelle Green - "I'd be a professional shoe tier, so I could prevent the Peteluma toe tickerler."

In Response to Last Month's "Athletes Don't Need to Take PE"

Letter To The Editor

Dear Pony Express:

We would like to respond to your article "Athletes Don't Need To Take P.E.". There is a BIG problem, but it's not at San Marin, it's a problem facing our entire nation. Our youth will be the first generation of American children to lead shorter, unhealthier lives than their parents. Obesity is the fastest growing chronic health crisis in the industrialized world and identified as the top health problem by the Centers for Disease Control and Prevention (CDC). The odds of becoming overweight are now 3 to 1 in the United States.

The NUSD Board has examined the idea of less physical education for high school athletes a number of times over the last 30 years. Luckily for Novato's youth, the Trustees have seen the many differences between a physical education class and athletics. For example: PE follows the state mandated framework while athletics have no required standards. Credentialed instructors teach all PE classes while athletic teams have coaches who may or may not be certified or credentialed. All students participate equally in PE, without regard to skill, gender, or handicapping condition while varsity athletes are restricted by skill, segregated by gender, and limited by handicaps. PE is a cooperative learning environment while competition is the foundation of athletics. A coach may not have the athlete's best interest at heart if winning takes priority over a student's personal health. If we looked at other subjects required for graduation, would they be exempt from taking English? Absolutely not.

Rather than point out the inaccuracies of the article, or list the scheduling dilemma the author's solution would create, we are more concerned about the assumption that all varsity athletes are fit. Physical fitness encompasses cardiovascular endurance, flexibility, muscular strength, and muscular endurance. Some varsity sports do not train or stress all of these components. Also, the state requires all physical education students to acquire understanding and knowledge in eight skill and content areas. Physical fitness is only one of these areas.

Instead of limiting physical activity for students, we believe students would benefit from four years of physical education. Our society makes it increasingly difficult to resist overeating and under-exercising. If we don't make changes soon, the CDC predicts 75% of our population will develop diabetes by 2020, and our entire population will be obese. Let's not contribute to this problem. In your heart, you really do know how important your health is. We don't want your lives to be short, do you?

Sincerely,
David Bedar, Karen Schmitz, & Chris Say

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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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Something at San Marin bother you? Confuse you? Want to know when or why a tradition started? Contact the Pony Express and we'll find out for you.

Disagree with something you read in the Pony Express? Something you heard at school? Write a letter to the editors and start a dialogue. Remember the Pony Express is the voice of the San Marin student body.

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The Battle Rages through Veterans' Day

By Zack Kinyon

Amidst rhetoric about supporting the efforts of our young men and women fighting for Democracy overseas, veterans of previous U.S. military efforts are threatened with cutbacks. Approved narrowly by Congress (215-212) in March, the proposed 2004 federal budget will cut current veteran healthcare and pension benefits by close to \$30 billion over the next ten years, according to the House Budget Committee. The issue of current troops and veterans' rights has sparked heated debate among Democrats, including presidential hopefuls – notably Senator John Kerry and General Wesley Clark, who both served active duty in Vietnam and frequently point out the contrast with the incumbent President Bush in

that regard. Additionally, Senate minority leader Tom Daschle commented that he “[could] not recall a time when the gap between the demands we place on our soldiers and the thanks we offer them once they return home has been wider.”

The issue is primarily one of cost. Currently, veterans who are eligible for military retirement money receive disability compensation lumped together with their retirement funding—whatever they are paid in disability benefits is subtracted from their retirement. Veterans groups have for years been outspoken on this, citing that non-military federal employees with disabilities still receive their full retirement compensation. But with an enormous federal

deficit having emerged in the wake of tax breaks and the War on Terror, “entitlement” programs are an endangered animal. Meanwhile, as a \$400 billion Pentagon budget for 2004 looms, the Senate, House, and White House are dabbling with various proposals and measures regarding the veterans' pay, which has been a thorn in the way of compromising on the overall budget.

It seems that the root of this issue can be found in the way “service related injury” is being defined, and how many people such a definition will leave out. According to a “White House document” circulated by House Democrats, disabilities which would qualify one for federal funding are limited to those injuries “directly resulting from

the performance of official military duties.” It is unclear how this is to be interpreted in more long-term cases; for example, Agent Orange or depleted uranium effects (stemming from Vietnam and Gulf War I respectively), but with such arbitrary terms laid out, veterans have reason to be concerned.

The issue has mobilized a number of veterans organizations around common cause, addressing what they see as a continuation of political disregard for those who have served. “Does that seem fair?” says Jim Tanner, a disabled Vietnam veteran now working for Disabled Veterans of America. “For years now, the government has slowly whittled away at our benefits. That’s not how it should be. Vietnam

veterans are in their 50s now and they’re starting to need more care. Veterans from the last Gulf War now are finding they need care... Congress should be increasing our benefits, not cutting them.”

The Bush Administration passed legislation on Veterans Day which will increase benefits and create tax incentives for the families of troops who have been killed in Iraq. How long these payments are to last is still in question. Still the ironic juxtaposition exists: extending and financing the current war at the expense of war veterans' welfare.

Information courtesy of: Associated Press, Veterans for Peace, www.house.gov

UC Cuts Hit Close To Home

By Julia Capasso, Alyssa Pomponio, and Amber Shields

Seniors all over California are drawing a collective sigh of relief; three years of stressing over tests, projects, and essays and preparing for college are finally over. But that feeling of relief only stays for so long because college applications are now more stressful than ever. College applications are in their final stages and for those who are applying to California's state funded schools, this last step is going to be a difficult one.

In mid-July of this year, Governor Davis approved a budget cutting close to \$700 million from California's public universities—UCs, CSUs, and community colleges. The budget cuts will create a drop in non-instructional programs, a 30 percent student fee increase, a one-year delay in the opening of UC Merced, and enrollment delays. These delays mean that California public universities will be turning away nearly thousands of

qualified applicants, even applicants in the top 12.5 percentile of their class who had formerly been guaranteed acceptance to a UC. Students who are enrolled in a CSU or community college and plan to transfer to a UC are also facing setbacks; more than 5,000 transfer students will be turned away. Recently UCs turned down 1,500 community college transfer applications for winter admission. CSUs also will be forced to close the door to qualified applicants. They expect to turn away as many as 20,000 students for spring semester as the 23-campus system reaches saturation.

As state schools are made to turn more students away, they must also adopt stricter reviewing policies to ween out the less qualified applicants from the pack. In fall 2002 the UC admissions offices have instituted a new “comprehensive review” system. The campuses used to accept 50 to 75 percent of new students on grades

and test scores alone; now they are taking many other things into consideration, including hardships and extracurriculars. The CSU schools are also getting harder to get into; the number of CSUs that receive more applications from qualified students than they can accept has risen from five schools to eight schools this year.

The numbers of college-bound students is also growing. The undergraduate population in the three systems is projected to increase 22 percent to 2.65 million between now and 2010. As the number of students increases and the UCs and CSUs are forced to turn away eligible students, many will turn to the already crowded community colleges. These top students could end up pushing out those who are struggling academically, who will be left with no place to go.

Fee increases will not only effect seniors planning to apply to these schools, but also current UC students and those looking to apply in the future. For UC undergraduates the total

increase is estimated to be approximately \$1,150 per year. The state's community colleges faced a fee increase as well, from \$11 to \$18 per unit.

Not only are fees increasing, but services are decreasing. Non-academic areas of college life are experiencing really large cuts. Libraries, administration,

they received. Admission competition has increased enormously in recent years, and will only continue to in the light of recent budget cutbacks. So what can give you the edge over the other thousands of high school seniors applying? Admissions officers are looking for students who take academically challenging courses, receive high test scores on standardized tests including SAT I, SAT II, and ACT. However, beyond traditional academic requirements, admissions officers look for exciting, well written essays, and extracurricular activities. Commitment to sports, music, theater, creative writing, jobs, and community service add uniqueness to an application and stand out to admissions officers. While it may be too late for seniors, as applications are due at the end of November, juniors, sophomores, and freshman should begin considering ways to set themselves apart on college applications. With more jobs requiring college degrees, with more students applying to college, and with more colleges rejecting eligible students, students need to start preparing for college at an earlier age in order to have a chance in the distant future.



educational outreach, public service programs, and research opportunities are all expected to lose considerable amounts of state funding. These cuts could severely damper some of the wonderful programs that the UCs and CSUs have to offer, thus taking away from the student's experience.

Last year alone UCLA received approximately 45,000 applicants, with the other UCs not far behind in the number of applications

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The Leaders of Tomorrow Making Change Today

By Amber Shields

Youth leadership on the high school campus is limited. The leadership class can only voice student opinions to the administration, school board, and other decision-making bodies, but can't take any action. Students don't take part in, and usually aren't even asked about, the decisions that affect them most.

community change.

The Youth Grants Board lets youth take on the role of real grant makers and fund youth initiated projects. In the area of policy-making, the Marin County Youth Commission is a youth voice to county supervisors and makes presentations about youth rights to the supervisors and schools. Right now

the community to limit their accessibility to youth.

Youth REACH for the Stars

Another large program in Marin that encourages youth to take action is the Reach program, sponsored by the Marin AIDS Project. Reach consists of about 40 Marin high school students

has kept Reach out of Novato schools up until last year. Cherkas comments, "There is definitely a huge difference across Marin. We have been presenting at other schools across Marin for years, but last year was our first time presenting at Novato schools." Through working with controversial issues and education programs for their peers, Reach offers a breadth of experience for participants. "There are huge benefits for kids working in the program, because they can go out and be a leader," says Cherkas.

Other Opportunities

Though these two groups offer major opportunities in the field of youth leadership, there are many more. The Marin Interfaith Youth Outreach (MIYO) program offers a variety of projects for youth in Marin, including job trainings, music shows,

trainings for various activities, and a place for teens to hang out. They offer a variety of workshops varying from musical to self-defense and are a great opportunity for youth to gain skills in a variety of areas.

The Marin YMCA also offers a number of fun, exciting youth projects. The YMCA offers youth orientated trips and classes.

So What Can We Do?

But, as always, there is a long way to go. Most of the organizations in Marin County that benefit youth are run by adults, and youth still have little say in making the decisions that affect them most. The best way to promote youth voice is to get active. Take advantage of the programs that are available, fight for more, and make your voice count. Youth have ideas, so why not tell the world?



The Leadership Class at San Marin is a venue for students to take action at their school. Leadership class president Sunny Banahashami says, "The class plans most of the events, fundraisers, and activities on campus. They address student concerns by bringing up issues to the school board or administration." Though they represent the students, the class seems to have little real power. They are assigned with the duty of representing the student body, yet can only make suggestions or bring up issues of concerns.

Even though the youth voice seems to be ignored in the schools, youth across Marin are finding a way to make themselves and their fellow students heard through the ever-expanding field of youth leadership.

Youth Leaders Initiate

One of the largest groups in Marin committed to giving youth a voice is the Youth Leadership Institute (YLI). Executive director and founder of YLI Maureen Sedonaen is excited about the new revolution in youth leadership. "Before, youth leadership was adults giving youth skills they could use in five years; now young people are stepping up as leaders, learning tools they can use now. They continue to effect power and change and we are seeing better results than the previous generation." YLI trains youth leaders in the areas of youth philanthropy, youth in government, and youth implementing

they are working on how schools deal with diversity issues and health. This is junior Sarah Davis's second year on the program. She believes that youth leadership is effective because the best way to communicate to youth is through people who understand them best: other youth. Youth leadership and activism are not only empowering for the individual, but are also a way to make a change. "People can't just sit and complain; there are things they can do to make it different." That's why Davis believes it is so important for youth to find out what their passion is. "You shouldn't focus on numbers, but on something you want. Start talking, because if something is never said, things never get started." Davis is also part of other leadership groups including Reach and the SM Gay Straight Alliance.

YLI also has groups addressing teen health, especially in regards to alcohol, drugs, and tobacco. The Youth Health Advisory Council and the Marin Youth Tobacco Education Committee seek to not only educate youth about the dangers of these products, but also look to make changes in

and focuses on peer-to-peer education about safe sex, HIV, substance abuse, hate crimes, and other topics that promote health, safety, and understanding among teens. But Reach is unique compared to its other counterparts teaching the same material because Reach is youth driven. There is one adult facilitator to support and guide the youth involved, but the rest is up to the members.

Senior Laura Cherkas has been a member of this program for the last few years and is now one of the leaders of the school education section. According to Cherkas, the presentations that the Reach members provide are more effective because youth will listen to youth a lot more than they will to an adult preaching. "Our presentations are more of a conversation, not dictation. We are providing an education without judgment. We aren't trying to stop all bad behavior; we are trying to reduce the harm. The problem with a lot of adults trying to educate kids is that they focus more on the negative side." While Reach has many ideas, it isn't always simple. The Novato School District's policy of "Abstinence Only"

National Youth Leadership Forum

By Brad McCarter

As competition to get into colleges and universities across the country continues to increase, students are constantly looking for a competitive edge. Many find this edge in their extracurricular activities and by taking advantage of academic opportunities that come their way. One of such academic opportunities are the youth leadership forums that are held in major cities across the country and focus on specific academic areas such as law, medicine, business, national defense, international relations, and politics (to name a few).

In October, I attended the National Youth Leadership Forum on Law in Washington D.C., where we studied everything from the ethics of the legal profession to case law precedents passed by the Supreme Court. The forum consisted of close to 350 students from across the nation and advisors from prominent law firms and law schools on the East Coast. The program lasted for six days, but I learned more about myself and the way people interact with each other in that one-week forum than an entire year at school. One of the most educational and thought-provoking activities of the forum was

the meeting I attended where I spoke with one of the Supreme Court justices.

During the forum, 85 students had the opportunity to meet and ask questions of Supreme Court Justice Antonin Scalia. I, myself, got to ask him about his views on the direction of our nation and discuss with him his methods of interpreting the Constitution. Still, one of the most educational and intriguing attributes of the forum was working with students from across the nation. In preparing for mock civil trials and a mock Supreme Court case, you really get to know your peers and the ways in which they view the world.

With colleges looking for more diversity among extracurricular activities, these forums provide an educationally and socially diverse setting for students to focus on specified areas of study. There are a number of organizations that hold these conferences like the National Youth Leadership Forum, National Youth Leadership Conference, and the Presidential Classroom. If you are interested in attending one of the forums, you can check out each of them online or talk to an alumnus of the program.

Feel free to check out the following programs:

The Youth Leadership Institute: www.yli.org
MCYC is looking for a member from Novato, if interested contact Sarah Davis or pick up an application in the College and Career Center.
REACH: 457-2487
MIYO: <http://www.miyoteens.org/>
YMCA: <http://www.ymcasf.org/marin/>

Shopping Close to Home

By Julia Capasso

The days of driving 30 or 40 minutes to San Rafael or Corte Madera to go shopping are over- all clothing needs can be met in Petaluma, a mere 10 minutes up the highway. Kentucky Street hosts a plethora of independently owned shops carrying everything from consignment items, rare brands, vintage clothing, and a few designer collections as well.

Zoe is not your mother's consignment shop; no sequined 80's powersuits will be found here. Instead, Zoe carries current styles, as well as more funky combinations for the individualists. More than half of the store's stock are new items, such as Rocket Dog and Converse shoes, Redtango merchandise, and quirky bags and belts.



Just a few storefronts away from Zoe is KCO, a more polished, boutique-like store featuring Lucky brand clothing as well as other independent brands

not found anywhere else. In KCO, prices are a little on the high end, but the clothing is high quality and gorgeous; perfect for the fashionistas.

Stink is a small shop, but don't automatically dismiss it because of its size. Stink is the closest store to Novato that carries Betsey

Johnson, a designer clothing line without astronomical designer prices. Stink also carries Dirty Girl bath and body products, Paul Frank clothing, and other independent brands.

Stepping into Unforgettable, is like stepping into the past. This vintage clothing store is chock full of vintage dresses, shoes, hats, and jewelry, all authentic and from the 1950's and earlier. Breathtaking 30's ball gowns and precious kitten heels adorn the racks, while mannequins model 40's swimsuits and sundresses. The cases full of costume jewelry would take a half hour to comb through. Unforgettable is worth the visit, even if one is not looking for a 50's sundress.

Down the alleyway and in the square on American Way is Board Betty's, a skate/surf/casual clothing store for girls. Forget Pac Sun- this is the place to buy those Dickies, Vans, and Roxy clothes, shoes, bikinis



and accessories. Betty's also carries the Emily character clothing line- no more trips to Berkeley! Betty's is a little on the expensive side, but the high quality clothes will last.

From now on, save some gas money and take a drive up to Petaluma when that

urge to shop hits- Kentucky Street won't disappoint.

Addresses/Hours

Zoe: 108 Kentucky St.
10 a.m.-6 p.m. everyday
KCO: 122 Kentucky St.
10:30 a.m.-6 p.m. Mon-Fri
10 a.m.- 5 p.m. Sat
12 p.m.-5 p.m.- Sun
Stink: 126 Kentucky St.
10:30 a.m.-6 p.m. Tues-Sat
11 a.m.- 5 p.m.- Sun
Unforgettable: 98 Western Ave/Kentucky St.
11 a.m.- 5:30 p.m. Mon-Sat
12 p.m.- 5 p.m. Sun
Board Betty's: 130 American Way
11 a.m.- 7 p.m.- Mon-Sat
12 p.m.- 6 p.m.- Sun

Aw Hewwo, I'm Homestaw Wunnuw!

by Alyssa Pomponio

Imagine Mr. Bedar congratulating you, a prized jock on campus, on what a "great job" you did at practice. Your first response is to laugh and poke fun at his mispronunciation. Then, you and the entire town of Novato unite to help Mr. Bedar's speech impediment. Unlikely scenario? But if Mr. Bedar was actually Coach Z and you were the armless, bumbling Homestar Runner of Homestarrunner.com, this would be just another day.

Homestarrunner.com is the Internet's newest craze and has become increasingly popular among San Marin students. Junior Graham Howes describes the site as "something different, out of the ordinary; something to make Mondays more interesting than they really are."

The site was created in January of 2000 by freelance graphic and web designing brothers, Matt and Mike Chapman, "The Brothers Chaps". With the crisp Macromedia Flash animation, sarcastic prose,

and humorous situations, the site has gained popularity within the last year. Although often compared to South Park, Homestarrunner.com is able to keep its context relatively PG., while still being humorous, thus attracting a huge fan base. The site, which receives all of its promotion strictly word-of-mouth, engages approximately 200,000 visitors a day and is updated weekly.

The heart of the website lies within its characters. The site revolves around the life of the simple-minded Homestar Runner. Perhaps Homestar's most lovable quality is his ability to see the fun in every situation - he turns his mature, health-nut girlfriend's (Marzipan) tofu burgers into talking characters, he is unashamed of his joy for prancing around town, and he is utterly happy whenever he has the chance to eat Fluffy Puff Marshmallows. Homestar Runner is able to overlook the flaws and see the good in all his friends, even Strong

Bad. Strong Bad, another favorite among viewers, provides much of the sarcastic humor of the website. Along with his squeaking sidekick The Cheat, Strong Bad's goal in life is to sabotage Homestar. Some of his more memorable stunts include tricking Homestar into getting him free drinks by pretending to be "lookin' at a thing in a bag", video taping one of Homestar and Marzipan's dates and broadcasting it to the audience, and just plain insulting him like a big bully.

Strong Bad's most famous feature is undoubtedly his e-mail responses. Strong Bad receives about 2,000 e-mails each day, and responds to one e-mail every Monday. This is the only direct audience/character interaction on the website. Senior Jaimie Sarubbi says, "Strong Bad e-mails are my favorite because they are unique and they hit home - they reply to the public. It's a chance to reach out to a meaningless website and say 'Hey, I'm here.'" From these

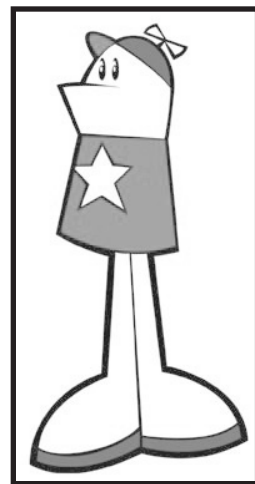
e-mails, the audience learns that Strong Bad enjoys to play a "feeding the ducks" video game reminiscent of those of the early 1980s, is very saddened when his vampire followers die through the heart, and writes great pieces of literature. His more memorable books include the four volumes of the Teen Girl Squad in which four girls, Cheerleader, So And So, Whats Her Face, and The Ugly One, handle jealousy, boys, and flying arrows.

Other characters include: Homestar's best friend Pom Pom, the "mac daddy" around town; Strong Bad's brothers Strong Mad and Strong Sad, whose surnames indicate their principal characteristic, just like their brother; and more unique town residents including Coach Z, Bubs, the

Poopsmith, and the King of Town.

Besides the e-mails, the audience can explore the website through the cartoons, shorts, games, and numerous hidden features. Senior Eric Rivera likes the games more than any other feature because "they make fun of old 80's games and they do it so well; the theme songs and the graphics are right on." Of course, viewers can also explore the store where you can buy anything from T-shirts to bumper stickers.

Homestarrunner.com is destined to become a cult classic. It seems that wherever you go, someone talking in one of the characters' signature voices or wearing the site's merchandise. So, don't miss out any longer - spend your time exploring the hilariousness and randomness that is Homestarrunner.com.





Vegetarianism

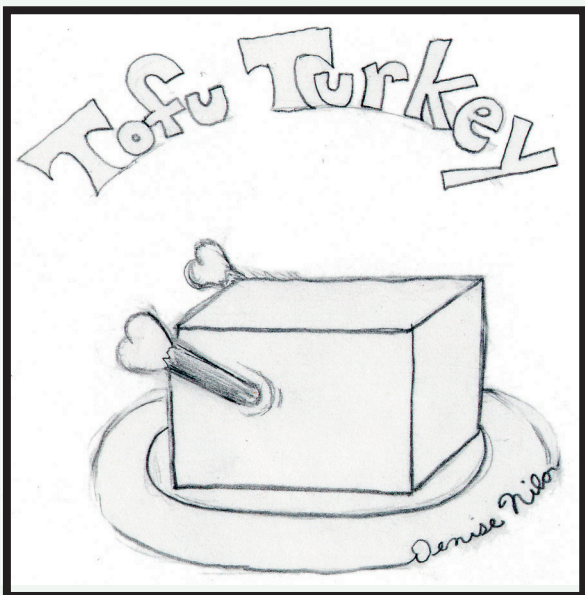
By Paige Lehman and Denise Nilan

With Thanksgiving fast approaching, many Americans are looking forward to indulging in an all-day carnivorous binge. The thought of turkey, stuffing, and football makes the average American drool uncontrollably. With attitudes like these implemented in American culture, it is often hard to understand why someone would choose to abstain from meat. However, vegetarianism has been a fast growing trend within the last twenty years.

There are several different types of vegetarians. The most common form is lacto-ovo vegetarians. Lacto-ovo vegetarians do not eat any sort of meat, including poultry

and fish. Orintho vegetarians, or semi-vegetarians, abstain from red meat only. Veganism is the most extreme form of vegetarianism. Vegans do not consume anything having to do with animals, including dairy products and eggs.

Many people think



that vegetarianism and crazy animal rights activism go hand in hand. The image of a poncho-wearing,

Birkenstock-clad hippie is the image that comes to some minds. However, people, particularly young people, are vegetarians for differet reasons. For many, vegetarianism is a way to keep healthy and explore new foods. Chandni Pindoria, a sophomore, has been a lacto-ovo vegetarian her whole life for cultural reasons. While Chandni says that sometimes meat grosses her out, for the most part she's pretty indifferent to it. She does not even consider eating meat in the future, and says that her parents probably wouldn't support her decision if she did. Most vegetarians say that they don't mind being around meat; many used to eat it themselves.

It is easy to see why someone would want to become a vegetarian when the long-term health benefits are considered. Recent scientific studies have proven that vegetarians have a higher life expectancy. Unfortunately, many vegetarians, particularly young vegetarians, do not follow the diet properly. They lack protein that would normally come from meat, as most of their protein is supposed to come from soy,

not the most exciting food out there. Vegetarians must be careful to maintain a healthy diet, but when they do the results are rewarding.

Those of the carnivorous nature are quick to defend their lifestyle. "Meat is murder and murder tastes good." says senior Andrew Marcus. While not all meat-eaters feel this strongly, many could not imagine a life without steak, ham, and other meaty delights. Also, meat eaters sometimes feel attacked by

the overt vegetarians who want to impose their lifestyle. "God made meat so we don't have to eat people." Explains Junior Ben Calkins.

So when you're staring hungrily at that turkey this Thanksgiving, keep in mind that, yes, it's better than eating a person, but that turkey was also once alive. Vegetables don't have feelings, and provide for a mostly healthier diet over all. So eat your greens and save a cow.

Pros and Cons of Vegetarianism

Pros

- mmmm....lettuce....
- Vegetarians feel less awkward in Whole Foods with all the hippies of Marin.
- Learn that there is more to do with tofu than poke it.
- They don't purchase that cow print jacket, and are thankful for it ten years from now.
- Studies show that a lower protein diet, such as a vegetarian diet, improves brainpower.
- Don't feel guilty while passing a field of sheep.
- Never feel sick after being reminded what really is in a hot dog.

Cons

- Fast food restaurants serve about one meal option.
- Glares from grandma at Thanksgiving for not plunging into her first prize turkey.
- Nutrition deficiency is a huge concern.
- The annoying question of, "Why don't you eat meat?"
- The cravings for a BLT.

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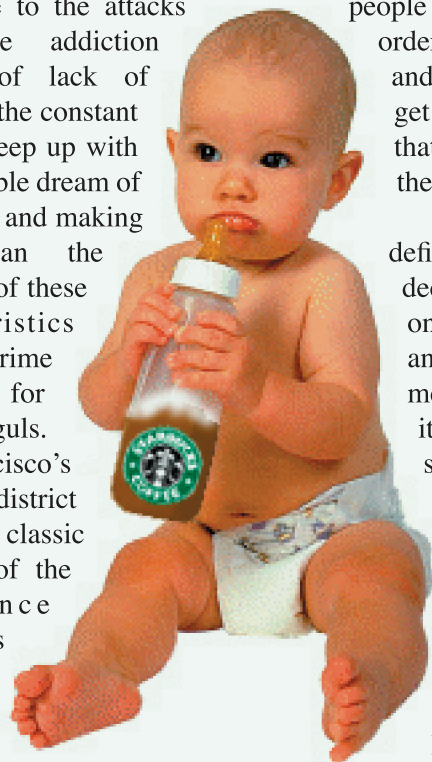
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Coffee. Does the body...

By Abby Yim

It's the fuel that powers millions of people on a daily basis and you can find it anywhere from restaurants to gas stations. The coffee business has boomed to a multi-billion dollar industry, charging up to four dollars for one cup of joe. People more than obligingly pay up and even make multiple daily visits to their favorite Starbucks or Petes.

Americans are most vulnerable to the attacks of coffee addiction because of lack of sleep and the constant drive to keep up with an intangible dream of producing and making more than the best. All of these characteristics make us prime targets for coffee moguls. San Francisco's financial district is a classic example of the dominance coffee has on the working world.



Starbucks litters blocks and consumers are attacked from every corner by the menacing smell of a crutch they've learned to be completely dependent upon.

Coffee is a staple for

many adults' morning ritual, but a new consumer trend has erupted. Recently while ordering my mocha I noticed a pack of girls that couldn't have been more than 11 years old consecutively order some of the strongest caffeinated drinks that the barista had to offer. Junior Eliza Vosberg who works at a local coffee shop said that although adults are the most frequent customers, "Younger people come in and order drinks too, and they usually get blended drinks that have coffee in them."

Coffee definitely has declining affects on our wallets and according to medical reports it also has serious affects on our health. This effect becomes more severe the younger we start drinking it.

Faithful coffee drinkers who start young can become extremely reliant on the buzz they've learned to crave. Twelve-year old Kyndra Cox said, "I never really drank coffee regularly, but now I drink it at least once a



week."

Coffee's high caffeine causes such health problems as anxiety, dehydration, insomnia or abnormal sleep patterns which are incredibly harmful for those who are still growing. Osteoporosis is one of these detrimental affects. It is a degenerative disease in which the bones

become extremely brittle due to a lack of calcium. Bones become susceptible to fractures, and heal very slowly. This condition even affects the spine and can lead to a vertebral collapse. Doctor Stacey Faryna, quoted in *Women's Health* magazine stated that, "About 40 milligrams of extra

calcium from food is needed to replace the amount of calcium lost from one cup of coffee." Ample amounts of calcium are vital for young people who are still growing to ensure a healthy life for their bones. So if milk's slogan is "Does the body good," what should coffee's be?

Dinner and a Date with Kevin Kahn

By Kevin Kahn

What's the second most common thing San Marin students do in their spare time? Behind...studying...of course, is eating. The question is, however, where to go besides commonplace fast food joints such as McDonald's and Wendy's. Luckily, Novato was recently handed three new restaurants that are sure to handle those cravings in between cramming for tests. (Ratings out of 5 stars).

Pasta Pomodoro--This restaurant serves reasonably priced Italian food and is located next to Starbucks in Vintage Oaks. Dishes include pastas such as spaghetti, tortellini, ravioli, and fettuccini all served with different meat, seafood, and cream sauces. There are also fine entrees such as chicken parmesan. Portions are not skimpy and most entrees come with a side of pasta. Salads and soups are extra. There is also a selection of vegetarian and light dishes that are figure friendly. All meals come with foccacia bread and pesto infused oil. Dishes are generally from \$6-12. **Overall rating 3.5 stars.**

Chinese Super Buffet--Good and Fresh Buffet no more, new owners renovated and upgraded the old Novato favorite. The Super Buffet is all you can eat Chinese food and so much more for only \$9.45 dinner. The restaurant serves gourmet food, such as roast duck, chow mein, sushi, shrimp dumplings, mongolian beef, beef with broccoli, sweet and sour, crab legs, fried chicken, crawdads, fried rice, kung pao chicken, and everything in between. There is also a large dessert bar with ice cream and assorted pies. Soft drinks are a dollar extra with free refills. I guarantee you'll get your money's worth at this restaurant and I highly recommend it. I've already been there twice! **Overall rating—4 stars.**

Louis Kuangs--Located on Front Street where Yang's restaurant used to be, this is another great Chinese place serving traditional dishes in an elegant, quiet setting. The restaurant has been completely renovated and dishes include all our favorites such as chow mein, lemon chicken, black bean sauce chicken, and a plethora of other great tastes. My recommendation is the cashew chicken--very delicious. Prices range from \$5-9 per dish and service is hospitable and prompt. **Overall rating—3 stars.**

In addition to these new fine-dining restaurants, some quick eateries recently opened as well. A new Subway opened next to Mary's Pizza Shack in San Marin Plaza, and try going to Safeway deli for their new select sandwiches. They're around \$3.50 and are loaded with fine meats and ingredients.

Although Novato seems to be a limited place for eating out, try these new restaurants or let the newspaper know of any places you would recommend a hungry San Marin student take refuge.

The New Twenty Upstaged

By Zack Kinyon

Before most people can say they've even seen one of the new twenty dollar bills, the item has already met its match. Ignacio resident Craig Percival claims to have seen a twenty-five dollar bill recently, which, assuming it's true, would account for perhaps the quickest ever domestic one-two punch thrown by the federal government.

When asked for details on what the money looked like, or where he saw one, Percival responded, "uh- the... the bank. The guy before me in line had one. The picture? It was one of the presidents... I didn't get a good look. I'm- I'm pretty sure it was Andrew...

Johnson." Percival, currently a stocking clerk at Albertson's, later boasted that he has seen "probably fifteen or twenty of them."

The choice of putting former president Andrew Johnson on the new currency is a curious one, as is the figure of twenty-five. While federal spokesmen did not return calls for comment, several analysts offered some speculation about the Federal Reserve's rationale. Said California State University economics professor Norman Jensen, "Not only is it the first note other than the one, two, and five that isn't a multiple of ten dollars, it's also is the only one I can think of which doesn't at least double the

value of the next highest bill."

"Andrew Johnson was very much a reactionary policy maker," Reconstruction Era historian David Houghton commented. "An interesting selection, really... Johnson was the president who succeeded Lincoln after Lincoln was assassinated, and he rolled back a good deal of the progressive legislation Lincoln had pushed forward on behalf of black people. He was impeached and nearly removed from office, that's how unpopular he was, in general... Whether this [new currency] is an ideological statement, or

something, I don't know. (Laughing)."

This comes not two months after the October release of the updated twenty dollar bill, which is touched up with subtle hues and colors in an effort to thwart counterfeiters. Said President Bush, "After the events of September 11, this newer model is designed to keep America one step ahead of counterfeit technology... and terrorism." The president, however, has yet to make an official statement regarding



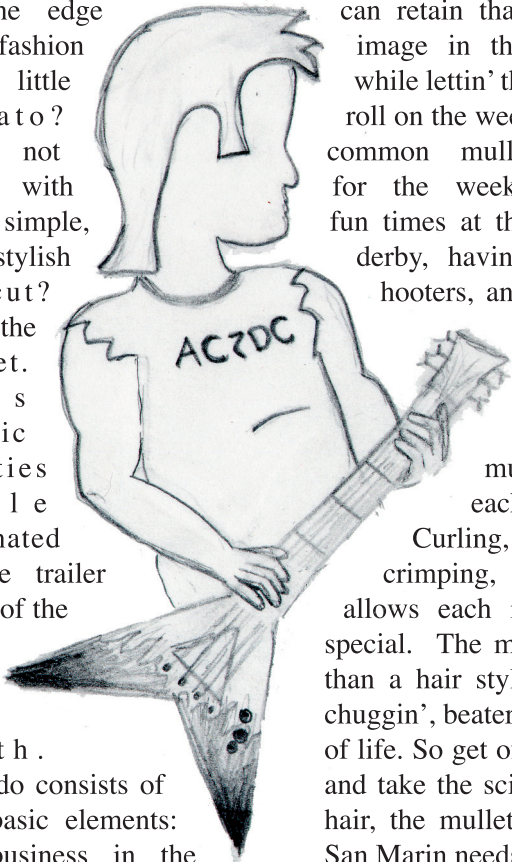
the even newer currency, as have any other public officials.

(The events and/or people described in article are not necessarily real.)

Mullets: Very Happening

By Denise Nilan and Myra Perez

What's up for fall fashion 2003? How can San Marin students stay on the edge of fashion from little Novato? Why not start with a simple, yet stylish haircut? Try the mullet. This classic eighties style originated in the trailer parks of the deep



south. The 'do consists of two basic elements: the business in the

front and the party in the back. This is ideal for San Marin students so that they can retain that wholesome image in the classroom, while lettin' the good times roll on the weekends. Other common mullet activities for the weekend include fun times at the demolition derby, having a hoot at hooters, and rockin' out to a little A C D C . The best aspect of the mullet is that each is unique. Curling, teasing, crimping, or braiding allows each mullet to be special. The mullet is more than a hair style it's a beer chuggin', beater wearing way of life. So get off the recliner and take the scissors to your hair, the mullet is back and San Marin needs to get ready.

Hungry?

By Holly Long and Sophie Orgish

It's lunchtime and you're starving, but too exhausted to brave the extremely long cafeteria lines. So what do you do? Without thinking, you seem to be heading straight towards the brightly colored vending machine asking simply, "hungry?" You know you really shouldn't be eating those Doritos, but the choices are limited.

To many students, this may seem like the perfect snack, but studies show that this unhealthy yet addicting habit can lead to high blood pressure, obesity, and diabetes. Los Angeles is among one of the first cities that has taken steps to promote health by banning soda from all 677 schools. This law will take effect in January of 2004. The Oakland Unified School District has also prohibited the sales of sugary drinks and candy on campus. With 25% of American children and teenagers overweight, it is easy to see why some schools are beginning to take steps towards the removal of the temptation of snack food. Responding to this controversy, former governor Gray Davis passed a law banning soda, candy, and chips from elementary and middle schools on September 17. However, high schools are still able to bring in a huge income from the sale of snack food.

While the revenue gathered from vending machine sales benefits the school, the convenient source of junk food appeals to most

students. Although it is important for school food to be nutritious, students aren't necessarily in agreement. Sophomore Chelsea McRae says, "I think that if they didn't have unhealthy food in the vending machines, people wouldn't eat it." For students, vending machines provide an accessible source of good tasting food, which they may not be able to find at home. And for those without time to make a lunch before school, the long lines and endless wait for food service would be unbearable.

But despite its flavor and convenience, the food stocked in the machines is still unhealthy for the San Marin population. Ironically, several are located just outside the locker rooms of the physical education

department; any calories lost during exercise can be quickly regained with the help of these vending machines. Physical education teacher David Bedar advocates that school should be a place where students are encouraged to make good decisions. He asks, "Why should we teach them health if the reality is we are selling junk?" But even though the vending machines bring in money for the school, Bedar says that this should not come at the expense of the students' health. "I don't think [the students'] health should be for sale."

San Marin has not taken the same path as Oakland or LA yet, but in the meantime vending machines are open for business.

How Do You Feel About Vending Machines?

"Why should we teach health if in reality we are selling junk right on campus?"

"If teachers are supposed to teach and act a certain way, we can't talk one way and do another."

"I would prefer that they were not on campus."

"I don't think the students' health should be for sale."

"I don't mind the vending machines, but to have them outside the P.E. department... it's ludicrous. It's irony."

"School is supposed to be a place for the students to make good, educated decisions."

"Why teach health if you don't believe in it?"


"It would be just as easy to sell smoothies on campus. Just sell something that is healthy and appealing to students."

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School of Rock

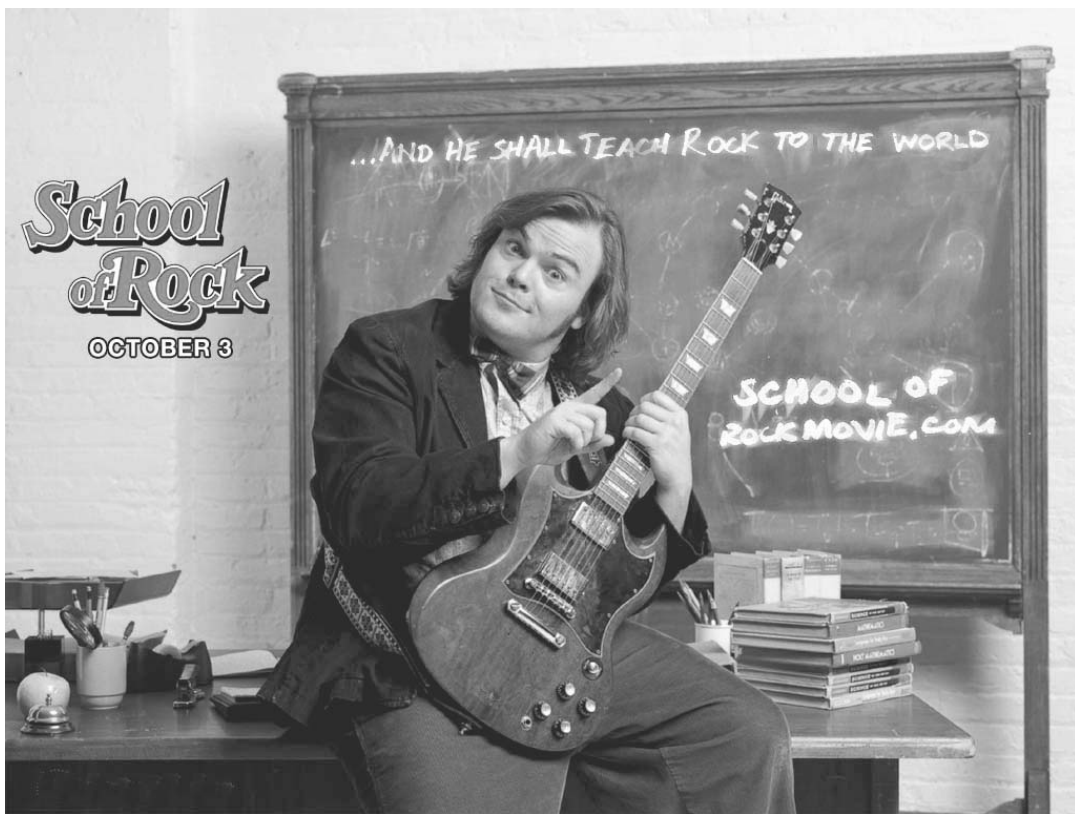
By Joe Mertel and Allyson Walchli

What happens when rock n'roll clashes with a prep school? This question is easily answered after watching one of this year's blockbuster hit's The School Of Rock. The laughter begins when Dewy Finn, played by Jack Black, poses as a substitute teacher, Mr. Shneebley, at a prep elementary school. He transforms the academically motivated students into hardcore rockers. After being kicked out of his band, Finn needs to form his own in order

to have a shot at winning The Battle of the Bands. Soon he realizes the students possess various musical talents. Has he finally found his perfect band?

The School of Rock contains a funny storyline and actors who bring laughter and great humor to the screen. Throughout the movie, the student's personalities develop into wild, out-of-control rockers. The transformation is a fun process to watch. Black's

animated character brings vitality to the screen. He does a great job of portraying a teacher and a rocker, while at the same time staying engaging and worth watching. He also helps to bring out the wild side of some of the more reserved characters. He is a perfect mix of sarcastic, sweet and sensitive, but always absolutely hilarious. The School of Rock takes some surprising twists and turns and is a definite must see for all moviegoers.



Concert Corner

By Julia Capasso

November has more to offer than just turkey and stuffing. It has some pretty good shows in store for you too. But first, a show that you all *wished* you had gone to...**Hillary Duff** at the Phoenix. Yes, Hillary Duff at the Phoenix. Don't even pretend you didn't want to see this show. Unfortunately, tickets were a whopping \$27 a piece, and I hear all the preteen girls in the county stampeded Board Betty's the first day tickets went on sale. Moving on to shows that are a little less Disney inspired: **Lucinda Williams**, folk singer/songwriter, will stop by the Fillmore on November 21, which may produce a nail-biting decision for **Michelle Branch** fans; she's playing the same night at the Warfield. On November 23rd, **Hot Water Music** is playing Bottom of the Hill. Hot Water Music has an amazing sound and is completely worthwhile at only \$10 a ticket. **Evanescence** will play the San Jose State Event Center on November 23rd- tickets are \$30, so empty out those piggy banks. The Warfield will host **Alkaline Trio** and **From Autumn to Ashes** on November 29th. The **Counting Crows** and the **Wallflowers** will play the Warfield on both the 8th and the 9th of December, and the **Hanson Brothers**

(could it be? Hanson's reincarnation? No, sorry kids- this Hanson band is from Canada) will play the Starry Plough on the 9th. Live 105's Not So Silent Night is on December 12th- **Jane's Addiction**, **Rancid**, **Black Eyed Peas**, and **Black Rebel Motorcycle Club** will be playing; quite an eclectic mix. Enjoy your November bands along with that extra serving of pumpkin pie.



Falling in Love with *Kiss And Tell*

By Kristen D'Angelo and Alex Randall

Stocked with a full cast of talented student actors and actresses, the San Marin drama department presented its Fall production, Kiss and Tell. Shown in the student center on Thursday, November 13, through Monday, November 17. Written by F. Hugh Herbert, the play tells of the trials and tribulations of two neighboring households, the Archers and the Pringles, who are in the midst of a family feud. Meanwhile, relationships are on the rocks between two sets of hormone-driven teenagers. Mildred Pringle, a rather flirtatious eighteen year-old girl (Megan Paulson), and Lenny Archer, a handsome Army Air corps pilot (Andrew Zabko) who strive to keep their relationship afloat through the war and the sour feelings shared between their families. Corliss Archer (Jaimie Brandley), a fifteen year-old girl who wants people to believe that she is older

than she truly is, and Dexter Franklin (Shane Rose), the Archers' bothersome seventeen year-old neighbor also struggle to preserve their love as Corliss falls head over heels for Jimmy Earhart (Michael Mann), a private in the Tank Corps that stays with her family for a few days. Raymond Pringle (Alex Randall), Mildred's pesky yet brilliant fourteen year-old brother supplies comic relief. Megan Beresford, Alexis Buescher, Eli Furnas, Christopher Gomez, Yan Gorman, Alison Greggor, Brandon Hoberg, Ben Maxwell, and Kaley Myer all provide stellar performances in supporting roles.

Because this play is set in 1943, the students had some decorating to do. Completely organized by sophomore Madeline Stoddard, the Student Center was transformed into a U.S.O. scene. During World War II, soldiers on leave would visit a U.S.O. to dine or

simply to listen to music and dance. During intermission, entertainment was provided for the audience, including a kissing booth set up by Kristen D'Angelo and Lauren Stanfel. Judy Garland (Annabelle Rollison) and the Andrew Sisters (Melissa Corner, Meghan Gillespie, Allyson Mengarelli, and Madeline Stoddard) made

special appearances. Swing dancing, of course, was also including in the intermission entertainment.

At press time, when asked for her opinion of the play, Linda Kislingbury-Cain, the drama teacher, replied, "This is one of the funniest plays San Marin's going to see in a long time. It's cute, it's historical, and it's

got a lot of funny innuendos and coincidences that will surprise the audience." Ms. K, as she's called by her students, filled the role of director and producer and was helped by assistant director, senior Erin Brydon. If you missed this show, be sure not to miss the spring production, which promises to be just as entertaining.



Back to the Playoffs

By Clint Potter

After pulling off several midseason wins, San Marin has managed to make it to the NCS playoffs for the third year straight. But the season ended on a down note with losses to the three best football teams in MCAL, leaving the mustangs with a 5-5 record overall.

Going into homecoming there was much speculation whether or not that the 2-2 Mustangs could beat the undefeated Trojans. It was clear from the first half that San Marin's defense wasn't going to budge, forcing 5 turnovers throughout the game on the Trojans. A fumble recovery picked up by **Dino Maioriello** quickly allowed **David Selchau** to throw a touchdown pass to **Brain Tuel**. The other touchdowns were a diving catch by **Jean-Denis Ncho-Oguie** and another reception

by **Tuel** in the end zone, making the final score 19-0.

Hard hits were in abundant supply during the cross-town rivalry game which resulted in six injuries. After receiving the kickoff Novato was driven back to the 7-yard line on penalties and forced to punt. Pinned deep in their own territory the punt was blocked, which set up a touchdown for the Hornets a few plays later. Going into half the score was 7-0. The ball was punted back and forth until on Novato's fourth possession. The

Hornets drove it down the field and ended it with an 11-yard touchdown pass. Late in the third quarter **Ncho-Oguie** intercepted a pass returning it 40-yards. Three plays later **Selchau** dumped a 15 yard pass in the end zone to **Ncho-Oguie**. Despite the Mustangs defensive stands and offensive rally in the second half, they fell short leaving the score at 13-7 Hornets

This Friday the Mustangs will travel to the Northernmost reaches of California and play Del Norte in search of the NCS title.



Cross-Country

By Amber Shields

Last week the MCAL race at College of Marin marked the end of a grueling season for San Marin cross-country. The girls finished the race in 4th place out of 10 schools, with sophomore **Briana VanEpps** and junior **Carli O'Leary** finishing 11th and 18th. The boys finished 9th, beating out Marin Catholic. After showing promise in the pre-season races, the girl's team fell below their expected mark when lead runner **Alison Greggor** was forced to sit out all season due to a hairline hip fracture. Sophomore **VanEpps** took up the lead; close behind her was a solid pack made up of juniors **O'Leary** and **Lauren Candia** and seniors **Danielle Deshazo** and **Courtney Dowdall**. The girls opened the season with a triple victory against Branson, Terra Linda, and

Justin-Sienna on the San Marin home course, but were disappointed when they lost the next week against Tamalpais. They then went on to beat San Rafael, and Novato, and lost to Redwood, Marin Catholic, and Drake, ending the season with a final record of 5-4.

Junior **Kyle Wideman** led the boy's team throughout the season. **Wideman** has been the top SM runner for the season and consistently finishes in the top five, a great feat for a rookie cross-country runner.

The team had less success, but did manage to edge out Justin Sienna in order to end the season with a 1-8 record. The boys ended the season with an exciting race in which **Wideman**, **Andrew Marcus**, and **Ryan Pedigo** all sprinted to a victory at the end. **Marcus** is the team's second fastest runner and has shown vast improvement throughout the season. Other members of the boy's team include **Pat Graham**, **Roger Klein**, **Jeff McLaughlin**, **Sebastian Nguyen**, **Sam Moyhee**, and **Tony Pera**.



Bulldogs Dominated

By Clint Potter

San Marin J.V. Football dominated San Rafael in a 13-0 victory. After an awesome kick return by **Scott Manasco** San Marin's offense drove the length of the field on their opening drive only to fumble on the one yard line. In the second quarter the front line, **Mark Shneider**, **Nick Basile**, **Daniel Kim** and **Paul Himmelstein**, pushed half way down the field to allow **Garen Suen** to rush 6

yards for his first touchdown. Also, **Mike Depew** rushed for over 140 yards and scored a touchdown thanks to great lead blocks by **J.J. Miller**. On the other side of the ball the pass rush was relentless causing the quarter back to throw two interceptions, scramble numerous times, and be sacked 4 times. **Clint Potter** led the team in tackles with five and **Himmelstein** roughed up the quarter back with two sacks.

Tennis

By Dina Rosenberg

The Girls Varsity Tennis team had a very rough start in their season as they tried to fill the shoes of former seniors as best they could. They put extreme effort into every point, and even though the records did not illustrate great success, finishing the season 1-14, the girls showed awesome motivation and team spirit. The team has come together tremendously since the beginning of the year and has trained many hours to improve techniques and skills. "We have made improvement in our matches, and I am very proud of my players," said coach **Ryan Berberian**, "I have seen great performances from all

the girls and they have put tremendous effort into every game." The top six singles players, **Jessica Ruth**, **Dina Rosenberg**, **Kylie Pearson**, **Jenny Slawson**, **Julie Seavey** and **Angela Shi** have assisted in the team's scores. The three doubles pairs, **Lea Wyatt** and **Chelsea McRae**, **Claire Miller** and **Anne Damkowski**, and **Nicole Domecus** and **Alisha Miranda**, as well as the exhibition player **Stephanie Hooganboom**, have also added to the total amount of wins as well. Hopefully with the help of incoming freshman and fresh faces, next year we will be more successful.

Challenging Season for JV

By Paige Thelen

They had the spirit, they had the talent, so what was it that the Junior Varsity volleyball was missing? The team did not win as many games as they had wanted, but their spirits stayed high throughout the season. Coach **Francine Cunnie** said, "even though the team struggled throughout the season, they kept in mind that many of the players got little or no playing time last year." The team went through some tough conditioning mid-season and thought it ultimately helped their game. "They finally learned how to play as a team," stated **Cunnie**.

As for individual improvements, **Zoe Miller** turned out to be the stand-out freshman on the team, finishing the season as the strongest passer out of twelve players. All returning sophomores came back strong and ready to play, and their improvements were apparent. The team improved as a whole, and despite their disappointing final record of 2-12, every player had their own personal experience and the team agreed that they all had a great time along the way.

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Varsity Stayed on Their Toes

By Paige Thelen

The varsity volleyball team of 2003 started their season a little slow, but began to warm up after their first two wins against Terra Linda and Novato. "The team made a huge improvement, and every player stepped up and adjusted to the new group," said assistant coach Lindsay Chinapen. Some great contributions came from **Megan Faherty**, **Signy Toquinto**, **Ashley House**, and **Katie Landeros**. The team's coach, Tim Hawkins, was satisfied with the team's effort and is going

to miss his three seniors from this season. **Christina Pelka**, **Ashley Larkin**, and **Bridget O'Connor** helped lead the team in spirit and fundamentals throughout the

season, and the team will not be the same without their uplifting support. The team concluded their season with a record of 3-11. Great job ladies!



Water Polo

By Myra Perez

The Mustang's water polo teams ended their season with games against town rival, Novato High. Unfortunately, neither team was able to celebrate a victory that night. The Lady 'Stangs game resulted in a 9-3 loss, with goals scored by senior **Melanie McCollum**, with one, and junior **Myra Perez**, with two. The girls ended their MCAL season with a record of 4-7 putting

them in 7th place.

Junior **Matt Petty** scored 3 goals for the Mustangs and sophomore **Chris Moghbel** followed close behind with one, making the final score was 8-4. The boys had a fairly similar season ending with a record of 3-7, putting them in 7th place as well. "The season was an upset and I hope that next year will be better," said Petty.

Spectacular Soccer Season

By Sean Johannessen

The Boys Varsity Soccer Team completed another sensational season. The relatively young team finished with a strong 8-6 record, in spite of many injuries, placing them 4th in MCAL.

Unfortunately, their season came to a close with a 2-0 loss to San Rafael in the first round of the playoffs. This ended a season which included a Mustangs victory over the undefeated Branson squad.

The team was led by senior **Edgar Ramirez**, who was named to the MCAL 2nd

Team. "Edgar worked for the team and not for himself. He inspired me to play better," raved senior **Joseph Martinez**. "Look for him to be playing in the pros in a couple of years!"

With about half of the roster graduating this spring, the future of the team is uncertain. They will find it difficult to replace players like Ramirez and MCAL Player of the Year, senior **Jeff Russell**, who led the team in goals.

Overall, this was another outstanding year of San Marin soccer.

Girls Golf

By Brad McCarter

After three successful years at San Marin, the Girls Varsity Golf team closed out this year with a 6-7 record, sent 1 player to NCS, and eagerly anticipate next years team.

This year's team featured many younger players with great potential like as well as a few returning veterans like junior **Lauren Swartz**, who next year will be the first girl at San Marin to play on the Girls Golf team for all four years, and senior **Rachel Oppenheimer**, who finished number two in the league and played in this year's NCS tournament. "Our team did well this year, but I think this was more of a rebuilding year," says Oppenheimer. "Next year's team will be really incredible."

With a third year under their belt, the girls plan to take the competition by storm next year with the help of their coach, Randy Willis, and swing coach, Rob Manzoni. This year's team proved that San Marin is a force to be reckoned with in Girl's Golf, and they are eagerly looking forward to next year when they may compete once again.

ATHLETES OF THE ISSUE

Jessica Ruth



By Kayla Schott-Bresler

She's one of the first in her class, co-captain and number one player of the San Marin tennis team, and a recruited division one athlete. Senior Jessica Ruth spends over eighteen hours a week playing tennis in Tiburon, yet she still has enough discipline to take A.P. and honors courses. This sounds like an impossible lifestyle but Ruth explained that "you just have to find balance; if you manage your time well it's workable."

Ruth receives private instruction from Steve Jackson, and practices with other competitive Bay Area players her age, at the Tiburon Peninsula Club. She hopes to get a tennis scholarship to the University of California at Irvine. With an individual league record of eleven wins and only three losses, Ruth's dream seems very close to a

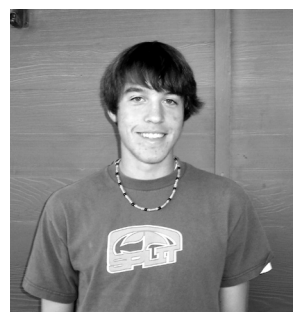
reality. Ruth placed second in the MCAL tournament and will be participating in NCS.

Ruth shows enthusiasm towards her position of co-captain of the San Marin team. Her co-captain, sophomore Dina Rosenberg, comments on Ruth's positive attitude. "She's very motivated and has a strong will to win. I admire her and am very appreciative of how much she has taught me."

Ruth is very glad to have been a part of the team this year. She explains that "it was hard at the beginning of the year because we lost nine seniors but our team spirit is great. Even though we lack some experience, we make up for it with our spirit."

If you want to see Jessica in action, check out one of her matches or stop by Rolling Hills, where she plays for fun, on Sundays.

Ian Walsh



By Denise Nilan

Ian Walsh, the junior classes very own Prince has a lot more going for him than a class title, he's got sports under his crown too. Walsh has been playing soccer since he was six, and has evolved into quite a noticeable player. Today he plays on two teams, high school varsity soccer and a class I Central Marin team called the Arsenal. For both teams Walsh offers his exceptional sweeper skills, but it was this summer when his moves swept up the attention of scouts in Germany. In August, Walsh left with his Central Marin team to see the sights of Germany, and most importantly play soccer.

Walsh's trip took a time out when he offered a contract to play soccer on Germany's Victoria of Colone team. Similar contract offers were made to professional soccer players of today, like Landon Donovan. Walsh's contract would send him to Germany to live with a family, play soccer, and attend a private International school. Speaking only one word of German (nine), he is slightly hesitant to take the kick into German soccer and leave his family and friends behind. The Walsh's are still debating on whether or not he will go, but it is certain that wherever Walsh plays soccer, his skills and teamwork will be appreciated.

ODDS AND ENDS

Let's go clubbin' at San Marin

By Alyssa Pomponio and Abby Yim

| Club | Description | When/Where | Advisor | Student Leader | Still Join? |
|---|---|---|--|---|--|
| Anime/Magic | A fun place for students with a passion for Japanese Animation & the thrilling game of Magic. | Room 405 | Ms. Lehman | N/A | Yes |
| Art | A great forum for students who are interested in art & wish to show their work around campus. | Friday at Lunch. Room A-1 | Ms. Mozzetti | N/A | Yes |
| Asian | Open to all backgrounds, this club educates its members about Asian Cultures. | Every other Wednesday in room 401 | Ms. Lehman & Mr. Krakora | Nina Tran | Yes |
| AP Physics | For physics students who wish to prepare for the AP Physics exam | Thursday at Lunch. Room 202 | Mr. Sisneros | Sam Moyhee | Yes |
| Bowling | For all those who are interested in non-competitive bowling. | Every other Friday at Lunch in Room 410 | Ms. Lemon | Claudia Collins & Hanna Yanover | Yes |
| California Scholarship Federation (CSF) | For students with a 3.5 or higher grade point average & wish to participate in fund raising projects. | First Wednesday of every month at lunch in room 200 | Ms. Vantrease | Christina Pelka | Yes, they will be accepting applicants at the semester |
| Chutzpah | Open to all who are interested in matters that concern the Jewish culture & traditions | Fridays at lunch in room 501 | Mrs. Campagna | Dan & Alex Saslow | Yes |
| Computer | For students interested in working with computers | Mondays & Fridays at Lunch | Mr. Burgess | Nick Arcidiacono | Yes |
| Creative Writing | Students who are interested in different types of writing & want to make a magazine | Fridays at lunch in AC-5 | Ms. Shine | Laurel Lemontt | Yes |
| Film | Students who are interested in the technical & creative process of making films, acting, & critiquing | Mondays at lunch in AC-6 | Ms. Rock | Keith Tonini, Kelly Warren, & Courtney Piper | Yes |
| Gay, Straight Alliance (GSA) | Provides education for students about different sexual orientations & works to make San Marin a more tolerant place | Tuesdays at lunch in room 207 | Ms. Yorty | Sarah Davis | Yes |
| Global Multicultural | Members who are interested in global issues & social justice throughout the world | Thursdays at lunch in room 200 | Ms. Patterson | N/A | Yes |
| Got Christ? | A place where Christians & non-Christians come together in fellowship, worship, & prayer, & engage in outreaches. | Mondays at lunch in room 302 | Ms. Cardoza | Angela Phan & Courtney Carroll | Yes |
| Interact | Provides opportunities for student community service. Sponsored by the Novato Rotary Club | Once a month at lunch in room 408 | Mr. Butori & Rotary member, Dennis Hagerty | Amber Shields & Jason Chakkalakel | Yes |
| Key | International organization that teaches students skills in leadership & community service. Sponsored by Kiwanis of Novato | Friday at lunch in room 408 | Mr. Hu | Aura Sanchez, Jason Chakkalakel, & Jason Fung | Yes |
| Latino | Information & academic support for Spanish speaking students new to San Marin | First Tuesday of every month in room 302 | Mrs. Pelka | Rocio Espinoza | Yes |
| Second Chance Rescue | Students can contribute to rescuing animals that would be neglected at overpopulated pet stores | Every other Tuesday in room 401 | Ms. Lehman | Stephanie Schoch & Erika Unruh | Yes |
| Speech & Debate | Students develop skills in public speaking & debating | Room AC-5 | Ms. Shine | N/A | Yes |
| Website | Students help in making the San Marin High School website | Tuesday afternoons from 2:30-4:00 in room 601 | Ms. Oakes | Farzad Fard | Yes |
| Weightlifting & Conditioning | For students who wish to maintain & build their physical fitness | Tuesdays & Thursdays at lunch in the Fitness Center | Mr. Bedar | Mike Sanguinetti | Sign up on the waiting list to be a new member |
| Yearbook | Students produce the Yearbook, which involves writing & coming up with design ideas | Mondays seventh period in room 403 | Mr. Berberian | N/A | Yes |