

**Birth Control**  
(Pages 6-7)



**Looking For Love?**  
(Page 8)



**Valentines Day**  
(Page 9)



# Pony Express

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## Palestine and Iraq: New Middle Eastern Democracy

by Yan Gorman



November 11th, 2004: Yasser Arafat, the leader of the Palestine Liberation Organization for over 30 years, dies at the age of 75. Whether seeing him as a dictator or as a savior, critics around the world had one thought; this event signaled the start of the first democratic elections to ever take place in Palestine.

Many agreed that the death of Arafat, seen by much of the world as a roadblock to peace between Israel and Palestine, among these being Ariel Sharon, the Prime Minister of Israel. Moving ahead with his plan to withdraw Jewish settlers from Gaza, Sharon let it be known that he would attempt to work with whomever the Palestinian election procured in order to secure a peace between the two hostile nations.

Three major parties put forth candidates for election, the one with the most support by far being Mahmoud Abbas of the Majority Fatah party, the same party once represented by Arafat. However, Abbas' views were known to the

public as being more liberal-leaning than that of Arafat, which is the reason behind the two men's unstable and disagreeable relationship. As the Fatah party united and coalesced behind Abbas, Abbas (known as Abu Mazen, or Father of Mazen) made his views regarding relations with Israel, and the state of Palestine, well known – he was a supporter of renewing talks with Israel and critical of the extremist militant groups, such as Hamas and Islamic jihad. His moderation drew him the support of much of the Palestinian people.

Other major presidential candidates included Taysir Khaled, who resigned from the PLO executive committee in 1993 after serving two years as the representative of the Democratic Front for the Liberation of Palestine (DFLP), a Marxist-Leninist group. Also running was Bassam al-Salhi is backed by the Palestinian People's Party, formerly the Palestinian Communist Party. However, the greatest threat to Abbas' presidential bid was Marwan Barghouti, a militant

supporter of Hamas, who is currently held in an Israeli prison. Barghouti appealed to a large demographic of both younger and more radical Palestinians, with his outspoken views against Israel and sympathies toward Hamas' cause. However, Barghouti not wanting to splinter the Fatah party into fragments,

dropped out of the race December 12 and encouraged his followers to side with Abbas, thus granting the Fatah candidate a commanding lead

In the January 9th election, Abbas swept the election with 62.32% of the popular vote, this making him the new president of the PLO. However, new problems are on the horizon, as recent rhetoric by Abbas directly prior to the election carried more conservative undertones, with him referring to Israel at one point as "The Zionist Enemy". Nevertheless, supporters argue that speech such as this was done to gain support of the more conservative Palestinian voters, and should not be viewed as a roadblock to peaceful negotiations. Abbas has begun to crack down on militant groups directly after the election, admonishing them for their reckless use of violence, which, in his words "more than anything else, causes Israel's attack on our people." Likewise, Sharon remains strong with his decision to evacuate Jewish settlers from the Gaza strip,

and has stated that he will continue to attempt to work with Abbas in order to secure a much-sought peace in the region. Skeptics remain, however, and are disbelieving that Abbas has the capacity to reign in Hamas and Islamic Jihad, and put a stop to the constant exchange of violence along the Israeli and Palestinian borders.

It is important to note that the recent elections in Iraq, which occurred on January 30th, enjoyed a similar degree of success. Although the winners of the election are still unknown, polls indicate that over 65% of eligible Iraqis cast their ballots, surpassing

previous hopes. Critics still say, however, that the failure of a majority of Sunni's to participate, either because of unwillingness or fear tactics by Islamic extremists, will cause problems in the following months. Election results are projected to be known in the coming weeks.

The middle east and the world will most certainly be following the state of the new democracies in Iraq and Palestine in the following months, for the rate of their success may very well determine the social and economical direction of the middle east in years to come.

### Instability in the Office

by Paul Himmelstein

The administration at San Marin is unstable, at best. In the last five months, we have had a total of four vice principals, two of which have quit. Some students don't even know who the current V.P.s are, let alone understand that the constant shift in the administration could have detrimental effects on our education.

The administration has been sifting constantly underneath San Marin for six years, and it has cumulated into the situation we face in the 2004-2005 school year. Jerry Scheidt replaced Toni Beal, who was offered a position at Marin Oaks. As the new school year approached, the other vice principal, Lilli Rollins, abruptly accepted a principalship in Vallejo, leaving San Marin with little time to advertise for a replacement.

Finding two retired principals to share the empty seat was the decided course of action. Brothers Gary and Rich Gerhardt filled it, contracted for one year so San Marin could find a permanent replacement. Gary then left at the semester, and ex-Novato administrator

Jon Dell-Imagine came to finish the second semester.

"It's hard to build a future when you don't know whose permanent" said Loeta Anderson, current San Marin principal. Following that postulate, student's futures are heading for a dismal end. The two retirees filling one position were meant to be temporary, but Jerry Scheidt was understood to be the permanence that would stabilize the office. Unfortunately for any future plans, Mr. Scheidt resigned for personal reasons after Tuesday's board meeting on February 1st.

Mr. Dell'Imagine is the new fulltime vice principal for the semester, and Rich Gerhardt will have to fill a full to position with half a job. If the administration at San Marin is the foundation of our futures, then our futures are in a state of disrepair. In the words of the resigned Jerry Scheidt: "As an administrative team we try to be on the same page." Profound words. Unfortunately, our administration seems more intent on rifling through the book than concentrating on one page.



## Question Man

Collected by Denise Nilan

*What's your dream Valentine date?*



### Freshman Couple Kasie Gasperini and Keith Jayne

**Keith:** "To be picked up in a limo and driven to Hooters in the city..."

**Kasie:** "Having my parents drive us to dinner and a PG-13 movie!"

### Sophomore Couple Allie Rogiers and Ryan Kovarak

**Ryan:** "A quiet evening atop a roof, where Barry White awaits me..."

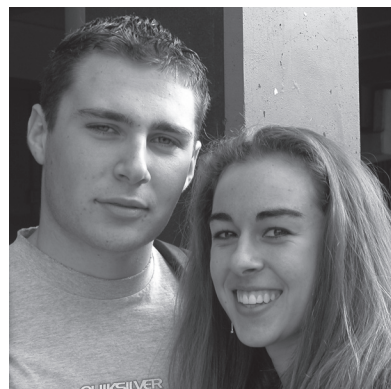
**Allie:** "Does it have to be with Ryan?"



### Junior Couple Cathryn Bennett and Nick Shaw

**Nick:** "Something really exciting and original...like dinner and a movie."

**Cathryn:** "Bareback horseback riding on the beach."



### Senior Couple Courtney Coughlin and Colin Dougherty

**Colin:** "Dinner at Taxi's, then party at the construction zone with a 30-pack of root beer."

**Courtney:** "Go to dinner anywhere where he can't wear jeans, a white tee, or listen to anything by Mac Dre."



## A Cry for Help

by Paige Thelen

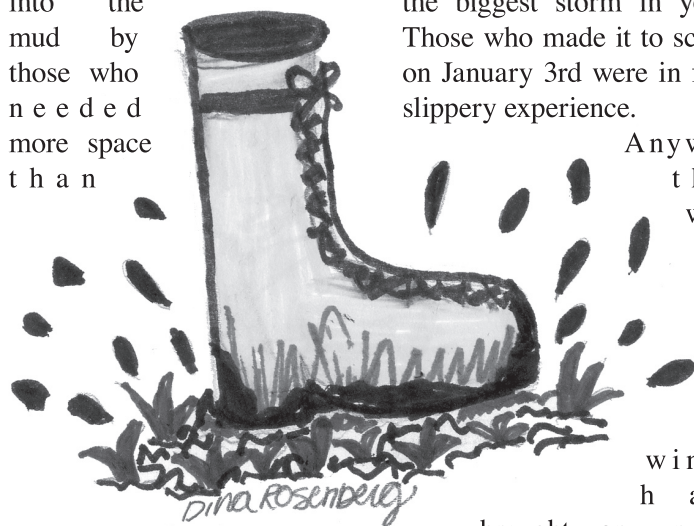
Upon entering San Marin on the first day of school in August, I have to say I was excited about our new and improved campus. There were spacious concrete pathways, new, sturdy benches, and a comfortable aesthetic appeal. Our school looked more like a "high school campus" should. However, I failed to consider what the winter rain would bring with it: MUD.

For months I was waiting for grass. When the first storm came, everybody got their first real taste of the new San Marin. Students who usually trekked across the grassless campus were forced to use the pathways. Some were pushed off the concrete into the mud by those who needed more space than

dose of mud.

So, what's up with no grass? At first, I thought they were delaying planting grass until the students would cease to walk all over the new soil. Students' shoes can pretty much withstand anything, so why not stomp through the mud? Decorated rain boots plowed through the new campus that was now expected to be grassy. Months passed, and still no grass...I was more confused than ever. I noticed the "grassy knoll" was being worked on one day-I got pretty excited (What were those little orange flags, anyway?). But winter break passed, the new year rang in, and we were blessed with the biggest storm in years. Those who made it to school on January 3rd were in for a slippery experience.

Anyway, this wet



winter has

necessary to walk. A select few surprisingly realized that wearing white pants in winter is NOT such a good idea. Walking off campus to go to lunch suddenly became an arduous journey that couldn't be completed without a daily

brought an unusual amount of rain with it. My clothes are stained, my shoes are dirty, and I am a little fed up. Rumor has it the reason they haven't put in grass yet is because they haven't installed an irrigation system. Well what are they waiting for? Consider this a cry for help, we want grass!!

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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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## Las Muertas de Juarez

by Marco Perez

Oftentimes, mention of the phrase “Genocide on women” conjures up thoughts of a Middle Eastern way of life, half a world away. However, few people know it exists a few miles away from the United States, in Ciudad Juarez, Mexico. Since 1993, the bodies of dead women (some killed as young as 11 years old) have been found buried in dusty desert graves or left on roadsides. In these 12 years of constant killing, human rights activists estimate that more than 400 women have been murdered in Ciudad Juarez, including 22 Americans. Yet, these cases possess common peculiarities: All the killed women were between the ages of 11 and early 20’s; all victims came from poor, illiterate families; most victims worked on “maquiladoras” (textile factories); all victims suffered from sexual assault or mutilations.

After the disappearance of a young girl, there is little probability of finding her alive. In Ciudad Juarez, families fear for the lives of

Florida and New York, Sharif moved to Juarez to work as a manager of a maquiladora. After a few months, he was convicted of the murder and rape of 17-year-old Elizabeth Castro. Mexican authorities assert Sharif murdered and raped at least twenty young girls. However, with the arrest of Sharif, the murders didn’t halt – they became more brutal. Moreover, local people and human rights activists affirm that the local police are involved in the crimes, covering for the delinquents. After all, Juarez has a history of corruption, impunity for criminals, drug-trafficking. After 12 years the death toll keeps increasing.

Many hypotheses have been made about the motives of the attackers; one involves Mexico’s neighbor, the United States. Ciudad Juarez serves as the last port for illegal drugs before they reach the United States, the largest consumer. Presumably, a gang of American and Mexican drug dealers also works as a producer of videos of sexual content, in which

## Devastating Tsunami Strikes

### South Asia and San Marin Responds

by Emma Wnuk

As of yet, there is no definite death toll counting the victims who perished in the South Asia tsunami. Lives lost currently total 220,000 but grow rapidly as more and more local governments report statistics for their missing and dead. It has been over a month since the 8.9-magnitude earthquake struck the Indian Ocean on December 26, 2004, generating a tsunami that in turn swept across Indonesia, Sri Lanka and Tamil Nadu, as well as several other areas.

And as a result, families have been separated and destroyed with little hope of finding their missing among the thousands of unidentifiable bodies. Survivors return to villages that no longer exist in an attempt to regain normalcy. But it is not as easy as that; injured require medicine, the homeless require housing and leave thirsty require suitable drinking water. Organizations across the world have been collecting donations and supplies to support victims. San Marin High School, too,

has risen to the occasion and donated a substantial amount of funds to the South Asia Relief Fund with the

were then placed in cans located in all classrooms and were collected twice a week so that the students may hear over the intercom the progress of their contributions. An established goal of \$1,000 dollars was set and generously met with a final total of just over \$1,075. Both students and staff united to aid victims with water sanitation, food, medication, shelter and family tracing. Donations included checks, cash, coins, foreign currency and, just

as importantly, “dollars of love.” The impact of this selfless drive then attracted the attention of the Novato

School Board and became an important topic of discussion on the first of February, coincidentally also the official ending of the donation drive at school. To all those who found it in their hearts to give: thank you. The effects of your contribution will affect and change the lives of more people than you could possibly imagine.



## American Red Cross

sponsorship of the American Red Cross.


January 13th marked the beginning of the donation drive made possible through the efforts of Club Culture, CSF, Interact Club and Key Club. Each 3rd period classroom received a presentation emphasizing the importance of giving whatever change available to disaster victims. Donations



their young women as the police reveal the conditions of the bodies found. In mid-1995, of the thirty bodies found where cause of death could be determined, 16 women were strangled, 5 burned alive and 1 shot; yet 25 victims were found with the right breast severed and the nipple bitten off, a trend that still continues. Yet women can’t stop going to work to the maquiladoras – their families depend on their income to survive.

During the past years, many gangs and attackers have been captured; one of them is Egyptian-American Abdel Latif Sharif. After being convicted of sexual assaults and murder in

the victims are forced to appear. Afterwards, the gang members sell the videos. On the Internet, complementing to their profits, while they dump the victims’ bodies and look for more young women. Even though Ciudad Juarez belongs to autonomous Mexico, the United States and international organizations must intervene to stop the brutal murders. Human rights organizations have interceded, but they don’t possess enough power to halt the crimes. As the death toll increases, the location of the murders expands and it may reach the United States in a short period of time.




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## Singing Groups Surface at San Marin

by Alex Randall

Since the Accidentals disintegrated in 2003 with the graduation of a senior member, San Marin has remained void of an a cappella (without instruments) singing group. This year, San Marin has been blessed by the formation of not one, but two a cappella groups.

The female quartet, better known as 603 (named after their original rehearsal facility), is composed of

senior Brianna Kiler, juniors Katherine Knecht and Madeline Stoddard, and sophomore Carrie Gratiot. "We have a lot of fun. We work together really well," comments Stoddard. The group is assisted by Olivia Hutchinson, Stoddard's older sister. Their repertoire for this year includes "Bye Bye Blackbird," written by Ray Henderson and Mort Dixon, "Lullabye," by Billy Joel, and

"Only Tell Me," a classical piece written by Bella Bartok. The foursome will be performing Bartok's piece at the annual CMEA Solo and ensemble festival at Sonoma State in the spring. When asked about her experience in this new quartet, Kiler replied, "I enjoy working with a group of talented young ladies who are as passionate about singing as I am."



## SM Recording Facility

by Dan Saslow

A multitude of students, packed into a windowed booth in Room 603, huddle together around the glow of a new Macintosh all-in-one computer. Various rack-mounted devices are neatly stacked to the side, exhibiting bright LED displays

and a dozen microphone inputs. Two Tannoy studio monitors angle in from the corners of the booth, and as the students study, Gary Howes operates the software that connects it all together. Finally, the San Marin Music Department has finished

building its digital recording studio.

Actually, such a recording studio can never be finished, due to an endless selection of specialized equipment available and the market of new technologies growing every month. But it is fully functional, thanks to funding from the Music Boosters and the dedicated services of Mr. Howes, the music department is now able to record its plethora of music groups, including its Jazz Band, Choir, and Combos.

Various students have been signing up for two-hour workshops with Mr. Howes,



## An Exercise in Patience

by Ben Sangster

So, what would you give to have a week off school? No tests, homework, essays, or teachers. What's the catch? For this one week, you'll be responsible for about ten of Satan's children in the bodies of fifth graders.

The Outdoor School at Walker Creek Ranch has been owned by the Marin County Board of Education since 1985. It is hidden away in a small, scenic valley on the outskirts of Petaluma. Throughout the year, the fifth graders of

Bay Area elementary schools cheerfully pile into school buses to spend a week in the fresh air and outdoors. So where do high school students come in?

The students who sign up to attend Walker Creek attend as counselors. Each counselor is given a group of ten kids (guys with guys, and girls with girls, of course), and each group makes up a cabin. Each boy cabin is paired up with a girl cabin and a naturalist, who

leads the kids through their learning adventure.

Unlike the naturalists and teachers, who spend only a few hours every day with the kids, the counselors are in charge of their fifth graders about 22 hours each day. Counselors sleep in the cabin with their kids, eat with them at meals, and attend all of their activities. This is a huge responsibility: counselors are charged with maintaining the physical and emotional safety of the kids. Not only are

## Guy Sextet

By Katt Knecht

So, you may think that the girls quartet 603 is the coolest thing you've read about so far (you would be right, by the way), but, believe it or not, there is MORE awesome news regarding student music groups. Enter "...", an a cappella sextet of San Marin guys juniors Nathan Ely, Dana Pratt, and Alex Randall, sophomore Carl Oser, freshman Keith White, and senior Graham Howes. They practice weekly, taking advantage of

perfect for them, but the road to success (defined as being mentioned in the *Pony Express*), isn't quite smooth yet. The problem? They still have no name (hence the "... above). "We're always trying to do a play on words with the 'sex' in 'sextet,' but it's never very good," laments White. After experimenting with "creative" titles, such as "The Gangsta Biznatches," "Five Men and a Freshman," "Quartet 6," and "Frozen Waffles," they have been



Graham's incredible piano skills, singing pieces such as "In the Still of the Night," "Yesterday," "My Girl," and "Skye Boat Song," and Irish ballad. "It is extremely awesome because it is a devoted group of people who love to sing great music," says Ely.

Now, things may seem

unable to settle on just one. Suggestions, anyone?

Despite the hardships of namelessness, they are still practicing, performing, and sounding excellent. And, you can look forward to a 10-person collaboration with 603 and the guys in the future. Jazz Choir better watch its back...

an experienced musician and ProTools user, who teaches them the essentials of recording, mixing, and producing projects. After undergoing these workshops, the students are then considered reliable engineers of the studio. As well as assisting with equipping the studio, Gary Howes has also helped record various projects until the student engineers are adequately trained to do so. Although the students have a somewhat limited selection

of specialized microphones and professional cables available, there has been enough equipment to record with excellent quality, the student band Stinson's Law, and a *Downbeat Magazine* contest between Jazz Choir and Jazz Combos. It may become possible to record other bands unassociated with the music department; Ms. Gates invites interested groups and individuals to bring all inquiries to her.

counselors supposed to make sure a rowdy kid doesn't break his arm jumping off the bunks, but they are supposed to make sure every student remains involved in the activities, and is happy as well.

Being a counselor at Walker Creek is no easy task. They have to be full of energy and enthusiasm to keep up with the children they care for, and generally make up all of the school work they have missed. But it's definitely

worth it to see the smiles of the kids as they sling globs of mud at each other, looks of amazement on their faces as they stand at the top of Walker Peak, or when they finally break down and agree to dance with *girls* (yuck! Cooties!) at the Barnyard Boogie. The food isn't that great, and the naturalists are tree-hugging hippies, but no one who attends Walker Creek will return unchanged.



## Budget Cuts Hit Home

By Yuekai Sun

In late November, NUSD trustees announced that they would have to do whatever it takes to prevent the district from falling under direct state administration. This may mean massive staff layoffs and cuts to many essential programs, including the K-12 music and athletic programs. In addition to these deep cuts, the district plans to consolidate two elementary schools and one middle school. The district also plans to consolidate a high school in the 2006-2007 school year.

On November 2nd, Measure E failed by a 300 vote margin. Without the 3.7 million dollars that Measure E would have generated, class size will increase and nearly 200 district employees will be laid off. In addition, P.E. for grades 1-3, 15 sections of electives and computer education will also have to be eliminated. In a desperate attempt to cut more from the already minimal budget, the district reduced the administrative work year by one day and eliminated department chairs and office technicians.

Although drastic

cuts have been made, the district still has to look further to balance its budget. In February, a school consolidation study will be carried out by the School Services of California. The options for consolidation are: 1) two elementary schools and one middle school 2) two elementary schools 3) one elementary school 4) no schools

In March, the School Services of California will present its recommendations to the district. Also in March, the district will release its second interim budget and multiyear projections for 2005-2006 and 2006-2007. Pink slips must be mailed by March 15.

The deep cuts to essential programs and school consolidation will result in a reduced standard of education in the district. Many talented and dedicated teachers will be laid off because teacher layoffs are based on seniority. These include teaching honors and AP classes at San Marin. The massive layoffs of teachers will have a significant impact on the quality of education in the district. Teachers are the core

of any education institution. How can we properly educate students if there are not enough teachers.

The students of Novato Unified School District deserve a better education. The students in public schools today will be the doctors, engineers and leaders of tomorrow, and the future economy will only be as strong as the education and skill level of the people who participate in it. Investing in public education is investing in the future of California.

How you can help:

- Attend school regularly. The district lost over half a million dollars in the 2002-2003 fiscal year from student absences.
- Get your parents to vote for Measure A on March 8.
- Donate to School Fuel or a similar organization that supports NUSD.
- Join the Fund our Futures Club and help publicize the importance of the passage of Measure A.
- Get your fill-up at Matt and Jeff's Car Wash – they donate a portion of the proceeds to Novato schools.

## Superstitions

by Dina Rosenberg

Do you ever wonder about the consequences of walking under a ladder or breaking a mirror? Some take these superstitions very seriously, and strongly believe that they can impact our lives. Superstitions have been passed down over generations, some dating back to biblical times, and are derived from various cultures' stories and fables. Some think that if you stroke the cat three times your bad luck will vanish and good luck will be on its way. The Scottish believe a strange black cat on your porch is a symbol for future prosperity, while in other countries, it's horrible luck. Still others

thirteen. Some buildings even lack a thirteenth floor, while some airlines leave out a thirteenth aisle on their planes. The feared number thirteen is thought to have originated when Jesus invited twelve apostles to the Last Supper and Judas, the traitor, was thought to be the unlucky number thirteen.

The Friday the Thirteenth "fetish" is tied into this as well. Because the crucifixion occurred on a Friday, these two

British Medical Journal has even published that traffic studies have proven that more accidents happen on Friday the thirteenth than any other Friday date.

Many believe walking under a ladder is bad luck as well. This superstition is also traced back to the biblical period when crucifixes became a symbol of wickedness, betrayal and death. Throughout the 1600s walking under a ladder was a sign of misfortune, and criminals were even forced to walk underneath the ladder before they were executed, while the executioner walked around it.

Another superstition is the act of knocking on wood to prevent bad luck. This practice is dated back to the ancient Celts, who worshipped trees and believed that they represented the gods. They thought trees forced all evil demons back into the earth, thus, some people today still knock on wood.

Now that you know the origins and consequences of these certain superstitions, you have the choice to decide what to believe; but don't say I didn't warn you.

believe that by stroking the tail of a black cat, you may cure a sty in the eye.

Another well known, (and one of the most influential) superstitions is the fear behind the number

situations have been combined to create one of the unluckiest days. The



## Grab Your Board, Brah

by Geoff Elsmore



The most common images associated with surfing are: Hawaii, babes in bikinis lying on the beach, the Beach Boys, bonfires on the sand, great weather, and, most of all, tan surfer dudes riding killer waves. But there is another side to surfing, one that has nothing to do with great weather or tan bodies. Winter surfing is all about hardcore surfers who love their sport enough to tough it out in the winter; and it is often rewarding, as swells are usually bigger in the winter.

To ride these monster swells, you need a couple of pieces of equipment. The first and most important item on the list is the surfboard. They are usually made of fiberglass with wooden strips embedded, as these make the strongest and slightest boards. Another important item is the wetsuit, a tight-fitting unisuit that keeps you warm in the ocean. which you definitely need for NorCal surfing. These are vital for preventing hypothermia. Surf wax, used to prevent slipping off the board, is a popular accessory that comes in many scents. The leash is the final important accessory for surfing. No, you don't wear it like a dog; you attach one end to the board and the other to your ankle so if you wipe out you won't lose your board.

Wiping out is one of the many dangers of surfing. If you plan to surf, you need to be prepared to eat it a few times. And when you bail, you should be prepared for a whole slew of dangers. You have to watch out for sharks, whales (seriously), rocks, and lookie-loos. Sharks, whales, reefs, and rocks are fairly self-explanatory, but lookie-loos are the most dangerous thing in the water. These clueless so-called "surfers" have no respect for the genuine surfers, and their incompetence can be very deadly. They drop in, force you off your wave, head straight for you when you are paddling, and unintentionally "shoot" their boards at you.

Despite these dangers, many people battle the surf every day to catch the motion of the ocean. If this life is for you, there are plenty of spots on the coast of NorCal.

Ocean Beach: This hard-to-access strip of sand is bordered by Kelley's Coast on the north and Sloat Street on the south. It is best for intermediate to professional surfers, and the locals are friendly.

Linda Mar: Linda Mar's claim to fame lies with the movie Harold and Maude: the cliff that Harold drives his hearse over at the end is the north end of Linda Mar. Aside from that, this staggeringly popular spot is great for all levels: beginners will feel as at home here as the pros.



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# LET'S TALK ABOUT ABSTINENCE

## Why Abstinence?

by Paige Lehman

Sex is everywhere. It's in song lyrics, music videos, television shows, movies, and the minds of young people everywhere. Walk down the hall of any high school and chances are two out of every three conversations are about someone's sexual experiences. So the idea that any normal teen would decide to abstain from sex can seem somewhat odd to many people. Studies show, however, that more and more teens are turning towards abstinence. With such relaxed attitudes towards being sexually active, teens are rebelling by *not* doing it. I recently sat down with two San Marin seniors to discuss abstinence. Both girls are involved, well known, and well liked in the school community. They're also abstinent. Both belong to religions that condemn pre-marital sex, but for them it is more a question of morals. "It's about respecting yourself," says one. "Both my mother and grandmother were young single moms, so I want to break the

cycle." It would seem that this decision would be a very big aspect of their life, considering they live in a world where the main theme of popular culture is sex, but they both say it's no big deal. They believe that being abstinent enhances their dating experiences because they know that there's more to the relationship than just a sexual connection.

Abstinence should not be confused with virginity. While the two usually go hand in hand, they don't necessarily mean the same thing. A virgin is someone who has never had sex, for whatever reason. Someone who is abstinent has made a conscious choice to not have sex, whether or not they have in the past. Beyond religious and moral obligations, the reasons for staying abstinent among teens include their physical and emotional well being. Becoming sexually active too young can be very traumatic and can lead to depression and other emotional problems in later life. Also,




our generation has to deal with AIDS and other STDs. Even sex education programs that teach non-abstinence related material acknowledge that abstinence is the only way to completely prevent pregnancy and STDs.

However, while the number of abstinent teenagers is rising, 88% of teens who pledge abstinence sometime during middle school or high school break that promise while they are still young. And those who do break it are less likely to practice safe sex, as they are less informed. Abstinence-only education is favored by most high schools, and this means that most high school students are uninformed about how to protect themselves should they decide not to be abstinent.

Whether you are abstinent or not, it is important that you are confident in your decisions. Abstinence requires commitment, and even if you don't plan to be sexually active anytime soon, it is still important to be informed.

## Know Your B

by Katt Knecht

Method	Typical Use*	Perfect Use**	How it works
Condom (latex only) 	85%	98%	Keeps sperm out of female
Spermicide	71%	85%	Kills sperm.
Female Condom	79%	95%	Partially inserted in vagina, blocking entrance of semen
Diaphragm	84%	94%	Suctions to the uterine entrance, blocking entrance of semen
Birth Control Pill (mini-pill) 	n/a	97-99%	Thins lining in uterus so that a fertilized egg cannot implant, and embryo is expelled with the next period
Birth Control Pill (Combination) 	n/a	98-99%	Contains hormones estrogen and progesterone. Same effect as mini-pill; also prevents release of egg and thickens cervical mucus so sperm is unlikely to reach egg
NuvaRing	n/a	99.7%	Inserted into vagina for one a month; releases estrogen and progesterone
Ortho Evra Patch	n/a	99.7%	Patch sticks to skin and releases estrogen and progesterone
Depo-Provera	99%	99.7%	Progestin injected into arm or buttocks of female; functions like the mini-pill; works for 14 weeks
No Method	15%	15%	
Emergency Contraceptive Pills	n/a	75-89%	See combination pill and mini-pill
Periodic Abstinence	75%	75-99%	Females abstain from sex at fertile times indicated by body temperature and thickness of cervical mucus.

## Lovin' Without the Touchin'

by Annie Abstinence (Kristen D'Angelo)

"Do not have sex, because if you do, you will get pregnant...and DIE!" Anyone who's seen the movie "Mean Girls" will know that I'm not a preaching lunatic, but am just quoting the laughable beliefs of the schools sex ed/P.E. instructor. Yet, even if you realize this information is completely false, there may be other reasons that you and your significant other aren't ready to slip in between the sheets. Even though it seems as if San Marin students spend just as much filling up their condom supply as they do their gas tanks, not *everyone* is doing it, which is why this list has been compiled: to offer ideas for things couples can do

together that doesn't require the subtraction of clothing.

1. Pretend you're young again; search the couch for quarters and head on over to a video arcade. After an intense round of air-hockey, dash out to the bumper cars and revel in the thrill of crashing into everyone without the drastic increase in car insurance. With all the running around, you're bound to become famished, but forget the bland, fat-free greens and indulge in a thick, greasy slice of pizza, or a fat, juicy burger with a side of curly fries.

2. Haven't you always wanted to experience the quintessential romantic moment? The one that's always in the movies? You know,

curling up in a fuzzy blanket and watching the sunset, or sunrise, over the water "Laguna Beach" style. Grab your significant other and cruise out to the Headlands and watch daylight melt over the ocean.

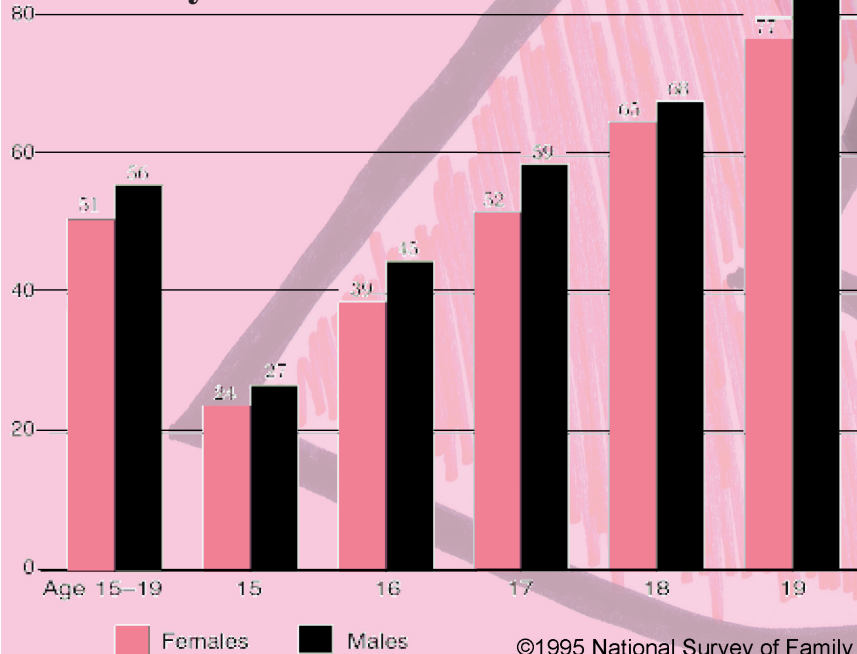
3. Picnics are always fun, so pack up your favorite foods and go sit out beneath the stars. The stars you inquire? Yes, the stars. Put a twist on the standard Sunday afternoon fete and hold your own midnight picnic à deux.

4. Get a group together for a little competitive bowling or miniature golfing. Make a deal that whichever couple loses by the most has to buy everyone else slurpees, which should give everyone a little incentive to keep the bowling ball out of the gutter, and get the golf ball in the hole.

5. San Francisco is no more than a half-hour away, so take advantage of it and add a bit of big-city fun to your relationship. Catch an I-Max movie at the Metreon and afterwards dine down at the Wharf. Then take a trolley car to Ghirardelli Square and share a giant sundae for dessert, or just skip dinner and go straight for the dessert.

Regardless of whether or not you and your beau or gal are sexually active, you can still enjoy your relationship outside the bedroom. Just think of fun, non-sexual things to do, and do them together.

## Sexually Active Teens In America



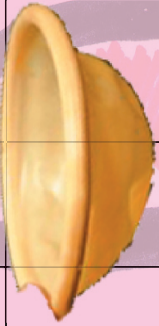
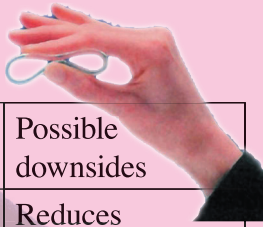
\*Typical Use Refers to failure rates for women and men  
\*\* Perfect Use refers to failure rates for those whose use is perfect  
source: Trussell et al. (2000). *Contraceptive Technology*



# LET'S TALK ABOUT SEX

## Birth Control

	STD protection	Possible benefits	Possible downsides
of	Good against HIV, reduces risk of others	Reduces premature ejaculation, reduces postcoital drip	Reduces sensitivity in male; can break
	Limited	Simple to use	Increase in postcoital drip; allergy; may cause increased HIV danger in women
g	Some		
erus	Limited		Requires a fitting; toxic shock syndrome
rus so	None	Reduces menstruation, menstrual cramps, PMS; increases menstrual regularity; also, see Combination	Nausea, headaches, fluid retention, weight gain, irregular bleeding, depression; see combination
mbryo	None	Protection from several cancers, iron-deficiency anemia, pelvic inflammatory disease, and fibrocystic breast disease; also, see mini-pill	See mini-pill; deadly blood clots, high blood pressure; increases susceptibility to vaginal infections
na	None	See combination and mini-pill	See mini-pill and combination
n;	None	See combination and mini-pill	See combination and mini-pill
into	None	Amenorrhea (no period)	See Mini-pill downsides
and	None	See combination and mini-pill	See combination and mini-pill
rom	None	No medical side effects	Can be difficult to execute



## Students REACHing Out

by Katt Knecht

Though the banana-condom sex-ed scenario may sound cliché, students know that it is important to be educated about sex. But (no offense, Mr. Feldman), it seems that students find it hard to relate to older teachers who are restricted from sharing certain information and sound like scratched CDs stuck preaching “abstinence... abstinence... abstinence...” That’s why students formed a national organization to help teens get the education they need without the excruciating “Family Life” videos.

REACH is a peer health education group, associated with Marin AIDS Project. Through presentations at schools, teens (some of whom attend San Marin) teach other teens all over the rest of the Bay Area about sex, including STD

prevention, planned pregnancy, and even have information on diseases that can be spread via needle use. REACH members meet once a week and prepare presentations, with a goal of letting teens know that they can use their peers as a resource for information about sex. “REACH exists to give kids an alternative outlet,” says senior and former REACH member Lisa Olivera. And, apparently kids are actually pretty into it. “They understand that we are trying to get out information that others don’t have.”

So, why don’t we have REACH presentations in Novato? Lucky Novato is abstinence-only, and that means no REACH. In fact, REACH’s activities are restricted to off-campus anywhere in Novato. Last year, Vice Principal Ms.

Rollins clearly expressed to Olivera, who was informing a student of an off-campus condom pass during lunch, that her information was unnecessary and that promoting such activities was prohibited on campus. According to Lisa, the administration “feels like if there is no education, sex won’t happen, but that’s not the case. [The lack of education] really gets kids into trouble because they don’t know the consequences of their actions.”

If REACH sounds like an origination with which you would like to be involved, you can easily join. Applications are available and due in September, followed by a month-long training session. For more information about REACH, call Marin AIDS Project, at (415)-457-2487.

## Know Your STDs

by Katt Knecht

If you have...	You Could Have...	What to do?
Discharge from penis or Vagina (abnormal)	Chlamydia, Gonorrhea, Trichomoniasis, Bacterial Vaginosis, Pelvic Inflammatory Disease, and more	See a Doctor
Burning Upon Urination	Chlamydia, Gonorrhea, Trichomoniasis, Herpes	See a Doctor
Itching	Herpes, Trichomoniasis, Scabies, Pubic Lice	See a Doctor
Sores	Herpes Scabies (rash-like symptoms)	See a Doctor

Sources: www.plannedparenthood.com.

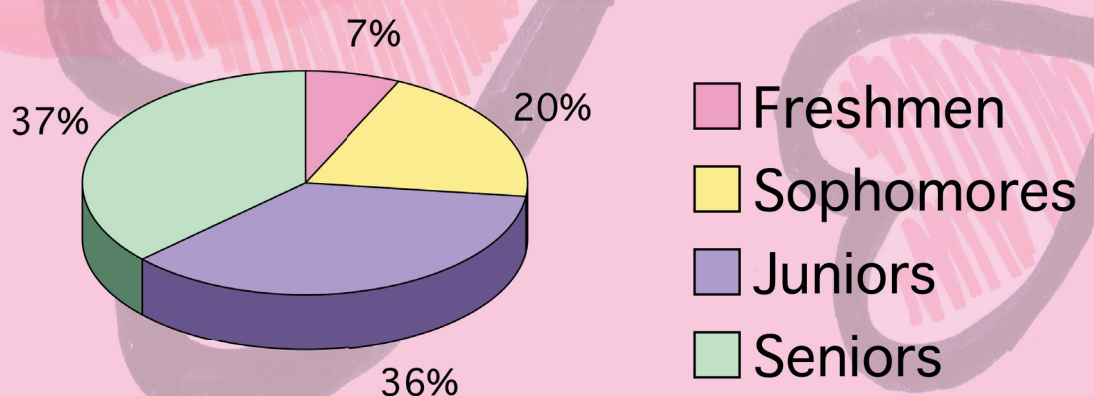
## Things to Know if You’re Having Sex

- 1) You can get contraception for free! There is no need to go to Longs and spend \$8 on a box of condoms; contraceptives are available to you at local clinics, which are always thrilled to share.
- 2) Have the “morning after pill” ready, just in case of an emergency.
- 3) If you keep condoms in your wallet... check the expiration date and make sure it’s not damaged. Also, keeping them in a hot car can lead to deterioration, so make sure your storage space is relatively cool.

- 4) For STD prevention, while having oral sex, use a condom.
  - 5) Remember, sex should be safe, fun, and consensual.
- Free Local Services  
For hormonal birth control, condoms, sexually transmitted disease testing, pregnancy testing, or breast and pelvic exams check out these free local clinics.  
\*Planned Parenthood  
2 H Street San Rafael  
Drop-in Teen Clinic with full services, Thursdays 1-4pm  
To make an appointment go to

www.ppgg.org or by calling 1-800-967-PLAN (1-800-967-7526).  
\*MIYO Teen Center  
2nd Street and A Street, San Rafael  
Planned Parenthood Clinic (testing, counseling, and birth control)  
Wednesdays, 2-6pm  
\*And remember you can go to your family doctor confidentially, but your parents will be able to see insurance records. So it would be best to mention your sexual activities during your annual physical.

## Sexually Active Students at San Marin



whose use is not always consistent or correct  
is always consistent or correct  
gy, 18<sup>th</sup> edition. NY: Ardent Press.



## Dead Language? Dead Wrong!

by Beth Sekishiro

Contrary to popular belief, French and Spanish are not the only foreign language choices San Marin students have. In addition to language options at College of Marin, which include Italian, Japanese, and American Sign Language, students have the possibility to spend a period at Novato High School to take part in its prestigious Latin program.

Although Latin is a dead language – that is, it is not spoken widely anymore – it has many modern-day applications. An in-depth study of Latin grammar and vocabulary will furnish students with a firm grasp of English, as 70% of English words are Latin-based and many grammatical concepts are applicable to English.

A well-rounded Latin education (available at Novato High) also leads to a greater understanding of academic topics and the world at large. Lucas Adams, a Latin V AP student, remarked, “[Studying Latin enables me] to expand my knowledge of the roots of literature and culture.” Latin II student Beth Diesch concurred: “It helps me achieve in my other classes.”

This increased understanding in a wide range of academic areas leads to higher test scores. According

to Novato High Latin teacher Nancy Overson, students taking Latin score an average of 160 points higher on the SAT than the national average. Additionally, she says,

“Admissions offices look favorably upon students who take Latin ... A recent poll of colleges done by the American Classical League found that 61% of colleges and universities viewed student with two years or more of Latin as stronger or even much stronger candidates than their peers.” The two Novato High students who received

acceptance letters from Stanford last year were, as a matter of fact, the two students taking Latin V AP.

Latin does not only have academic applications – it also exists in the career fields many San Marin students hope to enter – science, medicine, law, history, and philosophy, to name a few. It is considered the key to learning Greek and a cornerstone of the Classics.

Novato High’s Latin program consists of Latin I-V, with Latin III Honors and Latin V AP courses. The curriculum encompasses Romanculture and mythology,



and includes a variety of related projects. Two yearly highlights of the curriculum are the celebrations of the Roman holidays Lupercalia and Saturnalia, in which the day is dedicated to feasting, racing in the quad, and students’ teaching the teacher!

Within the first two years of study, students finish learning grammar and move on to translating ancient

works – a thrill and a treat, according to many students. Texts include ancient works concerning science, politics, and mythology. At the present, the Latin II class has

just finished translating the story of Pyramus and Thisbe, the original legend of Romeo and Juliet. There are about 50 students currently enrolled in Novato High’s Latin program, making it the smallest of the foreign language divisions.

Students enjoy the intimacy of small classes, though. Overson described the department as “a little family,” and Latin II student Nick Grinder asserted, “It’s a pretty close-knit class” when asked what he most enjoyed about the program.

Taking Latin at Novato High presents some logistical problems; none of which can’t be solved with a good degree of determination

and creativity. When the possibility was conceived, the first Latin hopeful underwent a long and difficult journey getting her request approved by counselors, principals, district curriculum directors, and a slew of other administrators. However, the school board – Trustee Aaron Brown in particular – showed spectacular support, in hopes that students from both high schools may come to a greater utilization of the programs offered by one school but not the other. While San Marin ROTC students take the Novato High class first period, starting their day on time at one school, Latin I and Advanced Latin (levels II-V) are only offered one period per day each – first and second periods, respectively. San Marin students in Advanced Latin arrive at San Marin on time for first period, drive to Novato High, arrive at Latin class a little late, drive back to San Marin, and arrive at third period a little late. Students have to be very motivated to stay up with these classes, as some instruction time is missed; but the task is not insurmountable. “We’d welcome new students from San Marin,” said Overson, speaking truly for the entire Latin department.

## Win a Date!

by Cupid

Looking for love is challenging in high school, so the *Pony Express* wants to make it easier! If you are seriously looking for a date, or just something to do on Saturday night, fill out our questionnaire to apply to win a date with one of our bachelors or bachelorettes. Please return applications along with a recent picture, to the journalism box in the front office.

### Application:

- Name:
- Who you are interested in:
- Birthday:
- Year in High School:
- Hair/Eye Color:
- Future Plans?:
- Describe yourself in 25 words or less:
- Hobbies:
- Favorite Music/Bands:
- Favorite Movie:
- Favorite Food:
- What’s your clothing style?:
- Your idea of the perfect date? (NOTE: Chillin’ in a parking lot doesn’t count as a date):
- Why you want to win this date?:

### Freshman: Alyssa Banaugh



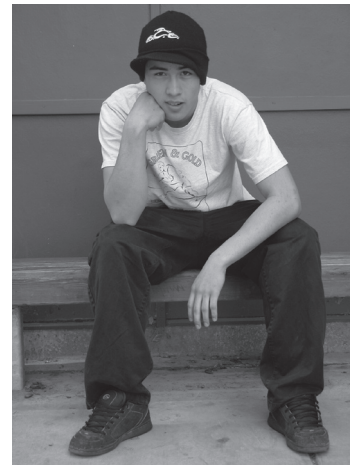
**D.O.B:** Feb 7, 1990  
**Sign:** Aquarius  
**Personal Quote:** “Don’t let my hair color fool you.”  
**Height:** 5’4  
**Hair/Eye:** Blonde hair and blue eyes.  
**Personal object you couldn’t live without:** Rolling Barbie backpack  
 Straight out of Sinaloa, Alyssa Banaugh is looking for a real high school romance. Alyssa is a talented basketball and soccer player for San Marin, but she also enjoys baking cookies and playing jump rope. But, hands off seniors, this baby won’t be legal until 2008! In a man, Alyssa is looking for someone with a good sense of humor and who is willing to play Ken to her Barbie. 18 and older no need to apply.

### Sophomore: Max Larkin



**D.O.B:** November 13, 1989  
**Sign:** Scorpio  
**Personal Quote:** “Hang loose.”  
**Height:** 5’10  
**Hair/Eye:** Blonde hair and blue eyes.  
**Personal object you couldn’t live without:** Surf board  
 Max is a sensitive surfer in search of a girl to hold hands with on the beach while watching the sunset. This special girl must share with Max his love of Led Zeppelin, lacrosse, and puppies. He himself just recently adopted a new Boarder Collie mix named Yogi. Girls allergic to dogs need not apply.

### Junior: Pat Deshazo



**D.O.B:** May 5, 1988  
**Sign:** Taurus  
**Personal Quote:** “Pin to win.”  
**Height:** 6’0  
**Hair/Eye:** Brown hair and hazel eyes  
**Personal object you couldn’t live without:** Hat  
 Pat is a suave wrestler who has moves on and off the mat. He is a single junior guy looking for a sweet girl to cheer at his wrestling matches, who knows a good defensive stance, and doesn’t catch ringworm easily. Pat’s ideal girl is around 5’5, with marble eyes. Also she must be able to hold a solid sports conversation.

### Senior: Gen Greene



**D.O.B:** February 26, 1987  
**Sign:** Pisces  
**Personal Quote:** “I’m a Pisces, but I’d rather be a killer whale.”  
**Height:** 5’2  
**Hair/Eye:** Blonde hair and blue eyes.  
**Personal object you couldn’t live without:** Chapstick  
 Gen is looking for a hot guy to make sweet music with. She is a gifted singer, actress, and pianist, but she is seeking an adventurous partier. Applicants don’t need to be musically inclined, but it is recommended.



# VALENTINE'S DAY

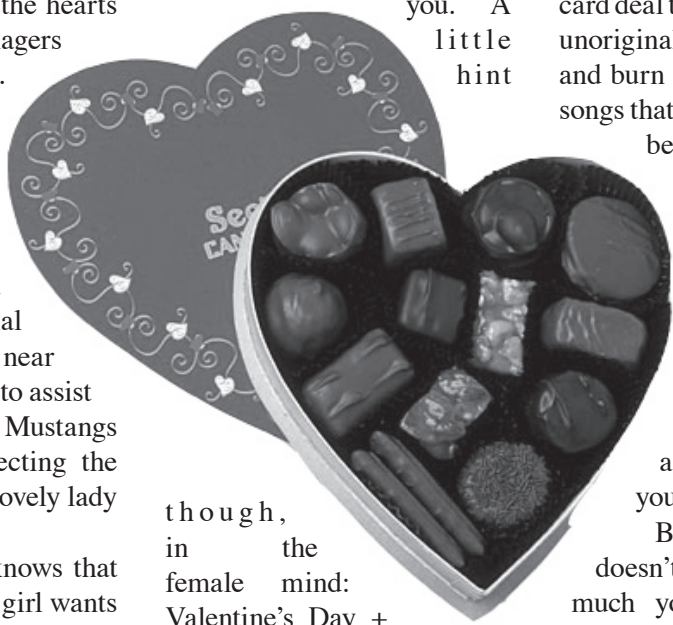
## What Girls Really Want

by Kristen D'Angelo

It's that time of year again when everyone seems to let their stylin' Oakleys take a vacation while they slip on a pair of rose colored glasses. That's right gents, Cupid's been busy striking the hearts of love – sick teenagers everywhere. Regardless of whether or not you're attached, chances are you will be making a Valentine's related purchase for a special female in the near future. So, I'm here to assist all of you confused Mustangs out there with selecting the perfect gift for the lovely lady in your life.

Everyone knows that the one thing every girl wants for Valentines Day is Shane Rose; actually, I'm kidding. But, you can't go wrong with flowers and chocolate. The vast majority of the female population was programmed at birth to go positively weak in the knees when presented with such a gift. A lot of guys tend to stress about finding out what her favorite flower

is, or her favorite brand of chocolate. But, unless she's extremely vocal about what kind she wants, she will be happy with anything you pick out for her because it's from you. A little hint



though, in the female mind: Valentine's Day + red roses = love.

If you're slightly low on the denero, don't fret. Just make her a sweet card that lets her know how much you adore her, annoying habits and all. I guarantee she will love it, (A.) because you took the time to make it (B.) because for once you let down your

macho-guy façade, and (C.) because, again, it's from you, and anything from you she'll love.

So, if you find the whole flowers, chocolate, and card deal to be way boring and unoriginal, then get creative and burn her a mix of all the songs that you two love. She'll be psyched to have a new CD. to blast from her stereo. Bonus for you: she'll think of you every time she listens to it, and remember how such an awesome and sweet boyfriend you are.

Basically, she really doesn't care about how much you spend, or how elaborate your presentation of love is. Rather she wants to know how much you care about her. Don't empty your piggy bank trying to impress her. Unless she's a shallow superficial person, she'll love you no matter what. But...the flowers and chocolate are nice...

## What Guys Want for Valentine's Day

by Alex Randall

Are you a girl baffled about what gift to get your boyfriend for the most romantic holiday of the year? Don't fret; the answer is simple. Guys do not need hundred-dollar watches, they do not need to be waited on hand and

bought, nor is it something that can be wrapped. What a guy needs is to know that you still care about him. If you're broke, it could be a hand-made card with the ever-so-meaningful phrase "I love you," delicately traced inside of it. If you're not around, it could be a simple phone call. If you have the money, it could be a fancy watch, but that's not necessary. What

is necessary is that you let him know that you care about him; that no matter where you are or what your financial situation is like, you are still thinking of him. This reassurance of your feelings for him can make his Valentine's Day one worthy of remembrance. And remember, though trite, the cliché remains true: It's the thought that counts.

## It's Tough to be Crushed

by Katrina Richards

With Valentine's Day here before you know it, the mixed emotions of past relationships come creeping back into your mind. With the memories of each one coming back, come the thoughts of how each relationship ended. We've all heard the depressing, and just plain obscene, break-up stories, some true and some urban myths. But considering the season, it would be a great time to reflect on the five humorous types of break-ups, found especially in high school.

**1. The E-Break Up:** So you're online and all of a sudden you get an IM from your significant other. You glance at the message and it says, 'Babe, we need to talk.' You, contemplating signing off or blocking your lover until he or she logs off, know that something's up and it's definitely not good. And an anonymous sophomore girl knew just that. "He IM's me and says that he's too busy for a girlfriend," she stated. "As valid as that reason is, he couldn't even break up with me to my face." My goodness. I give the guy that broke this girl's heart the award for "Most Yuppie-ish Excuse." If your going to break it off with someone, the Internet is NOT the way to go, people!

**2. The "We're better Off as Friends" Break Up:** Everyone's probably heard stories of this type of break up. It's fairly self-explanatory. It's just a subtle, or so-called "nicer" way of your boyfriend or girlfriend saying that he or she rather hook up with other people.

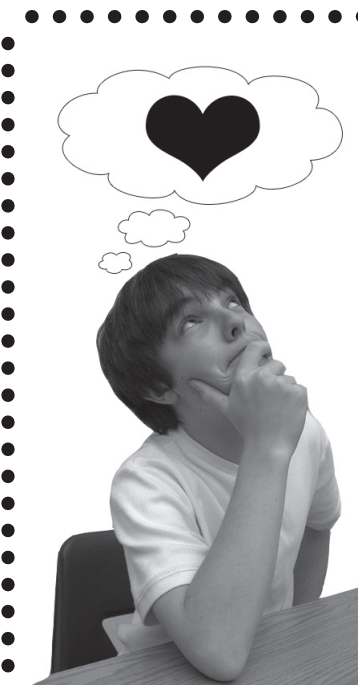
**3. The "Your Best Friend's Hotter" Break Up:** Nothing can compare to your significant other breaking up with you and then, a day later, seeing him or her getting pretty frisky with your best

friend. "She broke up with me on the last day of school," said an anonymous junior boy. "Sucks that I saw her at a party the next night hooking up with my best friend." Her explanation? 'Well, your best friend's hotter than you are.' Ouch.

**4. The "I Love You But I'm Not In Love With You" Break Up:** Also known as the "It's not you, it's me" break-up, just when you think everything is going smoothly, your one and only surprises you with a few heart throbbing words and leaves your love spectrum by saying, "I love you, but I'm not in love with you." Of course this is one of the lamest break-up lines known in the game of love, considering it's the easiest way to get out of an unwanted relationship.

**5. The "I Don't Know What I Was Thinking" Break Up:** It doesn't matter who your are, this line is a total slap in your ego's face. "I was guessing that 5 months together was nothing to him," stated an anonymous freshman girl. "I just couldn't deal with arguing with him. I just turned around and walked away." If you don't have feelings for that person at the time, then why are you pursuing a relationship? Hel-lo! Common knowledge people!

So, some of the famous, or rather, infamous, break up lines are stupidly funny while others are just downright mean, not to mention cliché. So here's a tip to those of you that are thinking of getting rid of that guy or girl who's holding you down. If you're going to use a break up line, make sure it's not cliché or obviously pathetic. It will make the world of break ups less depressing and dramatic. Oh yes, and Happy Valentine's Day, kids!



foot, and they especially do not need you to dress up in skimpy lingerie for them (though it might be welcomed). What a guy needs is not tangible. It is not something to be

Oooh... Oooh... Uh-Oh!

**Emergency Contraception** can prevent pregnancy up to 3 days after unprotected sex. Confidential and free-to-low cost.

Call 1-800-967-PLAN

www.ppgg.org

**Planned Parenthood Golden Gate**  
 HAYWARD \* OAKLAND \* REDWOOD CITY \* ROHNERT PARK \*  
 SAN FRANCISCO \* SAN MATEO \* SAN RAFAEL





## Battling Back

by James Gramalia

The San Marin Boys' Varsity basketball team's season has not been going quite as planned, but playoff hopes are still very much alive. After a disappointing pre-season, the team started strong in league play, going 2-1 before dropping the last four games. **Anthony Gonzalez** said about the season, "Well, we're in a tough position right now; we've dug ourselves into a pretty big hole and now we are ready to fight back out. We just have to believe in each other and come through late in games."

In their first league game against San Rafael, the Mustangs were able to pull out a win during the last minute. Led by **Joe Everly's** 24 points and the great overall defensive play of Anthony Gonzalez, the team was able to overcome an outstanding 36-point effort by the Bulldogs' Bobby Catelli. Gonzalez came up with an incredible steal in the last two minutes that swung

## Riding Strong

by James Gramalia

The Junior Varsity boys' basketball team is having a relatively successful season compared to recent years. With an overall record of 8-11 (3-4 league), they already have six more wins than last year's total. The Mustangs toppled Novato by 16 points, giving them two straight wins against the cross-town rivals.

Led by **Vinny Pacchetti**, **Chris Keller**,

**Martin Kilgariff**, and **Kevin Pottorff**, the team has been able to overcome the loss of three players. Despite various injuries leaving players out

## Rolling On

By James Gramalia

Everything has been clicking for the Freshmen boys' basketball team this season. The boys have gelled as a team and are playing very well in their first season of high school basketball. With a record of 6-1 in league play, they are sitting in first place, pacing themselves for

the momentum and gave the Mustangs the spirit to finish off the game. **Ian Walsh** said of the great fan support, "The fans have been really great this season and they have really kept us going."

The Mustangs' third game was the big Novato game. This game came down to the wire again, and San Marin was able to pull out their second win. The Mustangs' starting juniors, **Billy Nicolini** and **Chris Dittmann**, took over the game; Nicolini scored 20 points with six steals, and Dittmann recorded a double-double with 22 points and ten rebounds. Joe Everly also dropped 23 points with his spectacular mid-air playmaking ability. With a little over a minute left in the game, Everly was fouled as he drove hard to the basket and layed in a tough shot. He drained the free throw, which put the Mustangs up by three. Novato failed to score on

here and there, the Mustangs have still been able to pull together and are beginning to learn to win as a team. Sophomore forward **Jimmy Pederson** said, "We are really starting to mesh well together and are learning to close out games." Fresh off a win over Justin-Siena, the J.V. team will be rolling into their upcoming game against Tam with hopes to even out

their record.

a title. **Danny Hennessy**, **Mike Gonzalez**, and **Matt Bachmeier** have led the team during their successful run. The young Mustangs, riding on a five-game winning streak, have the confidence to take on any team and are looking forward to their next matchup against Tam.

Thanks to Jim Gillespie



Senior Anthony Gonzalez puts up an off-balance lay-up after beating a Bulldog defender.

## Cheerin' For Mickey

by Kristen D'Angelo

"You've just won the World Series, what are you going to do now?" Well, it wasn't the World Series, but the UCA Regionals competition held on January 15th in Antioch, CA, felt like it for the San Marin cheerleaders because it determined whether or not the San Marin Varsity Cheerleading Competition squad will be heading to Anaheim in March, when the Magic Kingdom will be taken over by thousands of cheerleaders.

After performing an enthusiastic routine, the team was ecstatic when



## Grapplers Leave it on the Mat

By: Pat DeShazo

Just passing the halfway point of the season, the Mustangs have a very strong record of 6-1. The wrestlers look to earn second, behind the consistently - strong Terra Linda Trojans for the dual title, and with the MCAL wrestling finals coming up in just one month, the Mustangs look to bring home the banner. The Mustangs have eight athletes expected to take home some hardware from the MCAL

finals, and get some much needed team points against the powerhouse mat men of Marin Catholic.

Proving to be worthy of being on the varsity line-up are first year wrestlers Jeremy Shaver, Brian Miller, and Taylor Brewster. With the team taking out Tamalpais, Justin Siena, and cross-town rivals Novato High, San Marin has performed above expectations. The only team that proved to be a worthy adversary to the men was the five-time defending MCAL champs, Terra Linda. Now that the grapplers have a full line-up to work with, they are expected to be able to take a

strong hold in second place. "The best thing about having a young varsity line-up last year is that a lot of them came back this year older and more experienced," commented San Marin head coach Chris Augusto. "Another good thing is that I have a lot of Varsity guys from last year stepping it up this year and really filling in the leadership spots that we needed for this huge JV team." With the NCS championship tournament arriving in just a month and a half, the Mustangs hope to send a number of their wrestlers.

their next possession and was forced to foul Nicolini, who made both free throws to put the game on ice. Drake beat San Marin outright by 18 points in the fourth league game to drop the Mustangs' record to 2-2. The Mustangs then proceeded to suffer an excruciating one-point loss to Redwood on January 18, leaving their record at 2-3.

Branson proved to be too much for the Mustangs in their meeting on January 23, winning by a score of 54-24. This loss put a fire in the bellies of the San Marin players who looked to bounce back against Justin-Siena. The Braves, though, came through with clutch shooting and came back to win in the last two minutes. Putting these two losses behind them, the Mustangs must focus on their upcoming game against Tam on January 28. Joe Everly said, "This is the most important game of the year for us. We need to win this game to have a legitimate shot at the playoffs."

awards were announced and they found out that they had acquired the necessary amount of points to earn a bid to compete at the Nationals Competition to be held at Disneyland the first week of March.

Even though they received the bid, the team won't be relaxing anytime soon. With hopes of making a name for themselves at Nationals, extra practices for the competition team have been added to work on developing even more advanced stunts.



## On the Court

by Allyson Walchli

The San Marin girls' basketball season is in full swing. The teams have all proven to be worthy competitors in preseason play and hopefully their momentum will carry over to MCALs. With a strong and



Senior teammates Signy Toquinto and Stephanie Nevin go up hard for a rebound.

dedicated coaching staff, the lady Mustangs are ready to pursue a victorious season. After practicing endlessly six days a week for over three months, the teams are looking forward to showing off their skills and talents to their rivals.

After traveling to Santa Barbara for a grueling five-day tournament, the varsity girls returned to compete against their cross-town rivals, Novato. Although their southern California tournament was unsuccessful, they were still able to defeat the host team of the tournament, San Marcos, a Division II school. With only one win and three losses, the squad put the mess behind them and began practicing for a much needed win. Freshman Katelyn Conroy says, "We practiced hard and came prepared with lots of excitement."

Although the score was stiff all game, Novato was able to pull ahead by five towards the end of the fourth quarter.

"We were able to hold our lead for most the game. Our excitement and energy were there, but unfortunately they nailed two shots that helped them win," reflects Katelyn Conroy. With Jen Nevin's quick and aggressive defense, the varsity girls were able to limit Kim Smith's shooting. Unfortunately, the five points were scored with only minutes remaining and were enough for a Novato victory. The final score was 36-31 Novato, but it did not reflect the overall play of the Mustangs.

Across town, the JV girls faced their own competition. The Mustangs started off with a solid lead until Novato's offense picked up the pace. Junior Lauren

Dumont reflects on the game, "The Novato game was the first time we came together as a team; it was an exciting game." Although the Mustangs were led throughout the game, Novato rallied to overcome the deficit and win the game by a score of 36-34. Post player Trelasa Barratta says, "Other than our finishing, our team has made a drastic improvement."

Although both the varsity and JV teams lost to Novato, the freshman were able to overcome their Novato adversaries; however, they did suffer a major loss. Perimeter player Alyssa Banaugh sprained her ankle during an intense practice a few days after the game. Hopefully, her absence will not hinder the team, and she will return to the floor soon. Even though the three teams suffered through close losses, they remain optimistic for the remainder of the season.

## SPORTS STANDOUTS

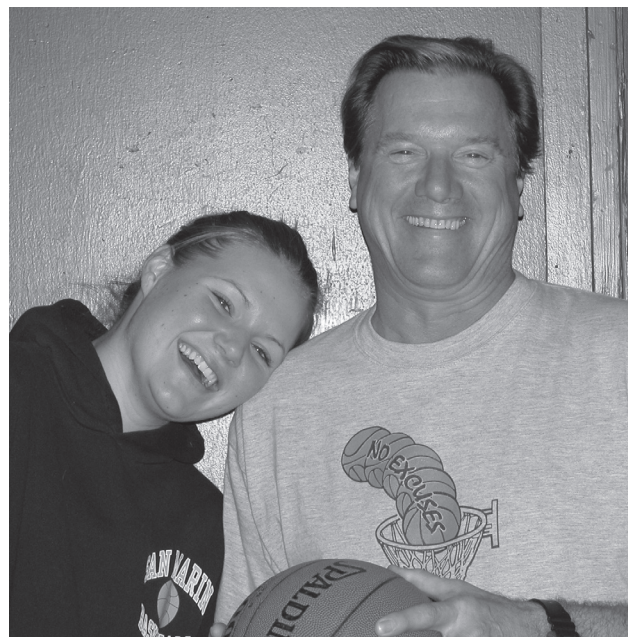


### BILLY NICOLINI

by Nic Banaugh

This fall's male sports standout is Varsity basketball star **Billy Nicolini**. Nicolini is a junior who has returned with a bang in his second varsity season. Last year he saw minimal playing time but has stepped up big this season and earned a starting position. He is the starting guard for the Mustangs and always brings his best to help the team.

Nicolini has been playing basketball since he was in first grade and has always been in love with the game. In his younger years he played for the St. Anthony's A-team. This year Billy has shown maturity and has also gotten respect from other players. "He has really stepped up quickly to become one of the leaders on the court. He is a talented player, and has produced a lot of the scoring for the team. I have a feeling he will finish off this season strong and hopefully help lead us through the playoffs," quoted senior guard Ian Walsh. Billy, also known as "The Instigator," has had a couple of huge games this year. He kept his team close the whole game against the heavily favored Redwood Giants. He ended the game with 20 points and 9 rebounds. "This was my best performance of the year, and I will continue to push myself to be better," remarked Billy.



### ASHLEY COLCLOUGH

by Denise Nilan

Senior Ashley Colclough, also known as A.C., has become one of the strongest post players on the girls Varsity Basketball team this year. In a team lacking height, Colclough, at 6'1", offers solid post defense as well as a good laugh.

Colclough's defense is one of her strongest attributes. She boxes out and dominates the boards. She also is a consistent free-throw shooter thanks to her four years of Mustang Basketball experience.

Unfortunately, this season isn't going so well for the Lady Mustangs, but Colclough keeps a good attitude about basketball on and off the court. "I just play it because I love it and I have a great time with the team."

Head coach John Franzak couldn't contain his laughter while searching for positive things to say about Ashley, "Her open court dribbling is a sight to be seen, that a person that tall can dribble that fast...She's poetry in motion." Senior Captain Megan Pacchetti encountered a similar problem, "Ashley's grace and beauty on the court inspires the team to play harder." Sarcasms aside, Ashley truly does inspire the team. Ashley is the center of the team's happiness because of her admirable humor. Not doubt, this great attitude attributes to the team's unity.

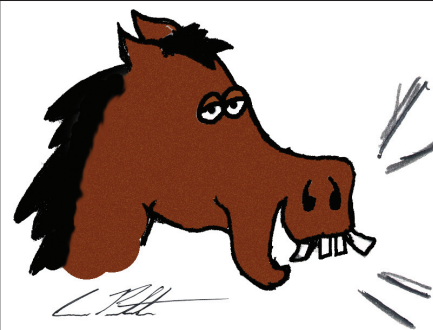


# ODDS AND ENDS

## Sexy Facts

by Clint Potter

- In the original Sleeping Beauty story, the prince rapes her while she is sleeping and leaves before she awakes.
- Mosquitoes mate in air; it only lasts 2 seconds
- Every day, 200 million couples perform intercourse.
- Disney once produced a animated film called "The Story of Menstruation"
- Scientific studies have shown that the female hormone estrogen released during sex, makes hair shine and skin smooth
- The anti-depressant clomipramine can give orgasms when yawning, but more often inhibits orgasms
- Graham Crackers were named for a man who believed unhealthy diets led to sexual excess
- Al Capone, Florence Nightingale and King Henry VII died of syphilis
- The youngest woman to give birth was a 5-year-old Peruvian girl
- The Romans would crush a rapist's testicles between two stones
- In Fairbanks, Alaska it's illegal for a moose to have sex on a sidewalk
- The left testicle typically hangs lower than the right for right handed men, and vice versa for lefties
- Napoleon's death is attributed to over 30, causes including gonorrhea and syphilis
- The average male produces 50,000 sperm per minute
- Ithyphallophobia* is the fear of seeing, thinking about or having an erect penis.
- The first couple to be shown in bed together on prime time television was Fred and Wilma Flintstone.
- Women in Belgium, Denmark, Finland, France, Israel, Norway, Portugal, South Africa, Sweden, Switzerland, and the U.K. can obtain emergency contraception over the counter without a prescription
- Women are more likely than men to contract general herpes, chlamydia, and



## Straight From the Horse's Mouth: A Little Gossip From Around the Stable

By Denise Nilan

- Mirrors removed in boys' bathrooms.
- Jenna Marquand pierces Mark Wright's lip.
- New California law states that headlights must be on while driving in the rain.
- Senior class fails to have enough sign ups for Disneyland.
- Abby Ellison returns after briefly living in San Diego.
- Fire alarm rings ... Mr. Berberian mysteriously missing from class.
- Male population disappointed after lack of lesbian action on "The O.C."
- Mud football game between Novato High and San Marin senior girls set for March 4th at 7:30 under the lights at Novato High.
- Kristen Jones, while trying to park in the San Marin parking lot, hits Stacy Boven's car
- San Marin is officially out of light bulbs ... if it's out now, it's staying out.
- Michael Richards and Kendall Duncan break off the love connection.
- New kid, David Burrows, from Seattle is a self proclaimed 'lacrosse stud'.
- Congratulations to Mike Ross who is officially a registered telemarketer.

gonorrhea

- Sex surveys in magazines, i.e. Cosmopolitan, create new dangers for sex researchers because they tell readers what they want to hear by using "selected voices"
- It is estimated that one baby girl in 4,000 is born without a vagina
- In the late 19<sup>th</sup> and early 20<sup>th</sup> centuries, many doctors taught that masturbation was harmful, so devices were created to keep children, especially boys, from achieving unwanted erections, such as the two barbed rings and the shock box.

## Crossword

by Dan Saslow & Beth Sekishiro

### ACROSS

- Guitar component
- Apple music product
- SM\_\_
- Ancient video game system
- Pig-roasting party
- Chemistry critter?
- Common exclamation
- Really great dogs
- Email address must-have
- Shoulder muscles
- Taco Bell encouragement
- Head honcho
- Caesar's residence
- Uncle Sam's home
- Motor action
- Sailors
- Sweatshirt component
- Tactical Rescue Training
- Pink Ladies and T-Birds
- Sonnet, limerick, or 60-across
- Norse goddess of old age
- Type of music festival
- Goldfish are baked, not \_\_\_\_
- "M'kay?"
- Government spy sector
- \_\_F\_\_, extraterrestrial
- Ice cream indulgence
- Outdoors Television Network
- South American camels
- The Big Apple
- Blinker
- \_\_\_\_ of the covenant
- Yorkshire Universities Air Squadron, abbr.
- Natural logarithm
- 17-syllable Japanese poem
- Honor or esteem
- "Going, going, gone!"
- UN official Annan

- Sinaloa music director minus "k"
- Wolf noises
- TV channel \_\_ & \_\_
- In every room for power and air
- Capital One inquiry
- Bible book after Ezz.
- Orangutan-advertised beverage
- Leaf connector

### DOWN

- The world isn't \_\_\_\_
- The most popular Babe
- Video game company
- DMV insists upon shoulder checking before this
- McDonald's declaration
- Red teletubby
- Say, Butori, Scarce ...
- Poor grades
- Ballpark fare
- Sneaker or sandal
- Hyper kid's ailment, alt. Spelling
- Shock gun
- "\_\_ American in Paris"
- Work history
- "Whose Line \_\_ It Anyway?"
- Women's \_\_\_\_ (the feminist movement)
- California dairy assertion
- Prison companions
- Black and white sheepdog
- Jacko residence

- Minnesota capital
- 16-across location
- Ranch \_\_, CA
- Horse encouragement
- E.g. Disney's Ariel
- Charlie's Angel Lucy
- Singer Kravitz
- Having a cold

- Noah's tub
- Barcode number
- Feb. 14 weapons
- French war hero Louis Lazare
- Muslim deity
- Aragorn's fancier
- State of ancient bread

- "and so on ..." abbr.
- Stitched
- Famous Hawaiian coffee
- Whip
- Idaho State University
- \_\_\_\_ the sack
- Common tree
- Most teachers need \_\_\_\_.

