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Pony Express

Volume 36, Number 5 • San Marin High School, Novato, California • March 25, 2005

BMX at SMH

by Denise Nilan

On April 19, 2005 the humble, dusty walkways of San Marin will be conquered by ramps. Our walkie-talkie clad campus supervisors will attempt to tame the entire student body. Best of all, professional BMX riders will be rolling around San Marin. It's coming: The Got Milk Gravity Tour.

The Got Milk Gravity Tour is a \$20,000 per day event that comes absolutely free of cost, thanks to the California Milk Advisory Board and the Campaign for Tobacco Free Kids. These organizations have joined with ASA Events to roam California campuses in

order to discourage the use of tobacco products. The

same time encourage kids to get a natural high from

and brochures.

So April 19 is the

Mustang herd will gather on the upper-grass field



to be awed by a professional half-pipe, sound system, and pro riders. In total, five X-Games, Gravity Games, and World champions will be entertaining and teaching San Marin. Tony Hawk and David Mirra are two of the most recognizable athletes associated with the Got Milk Gravity Tour. Of course, all those who come and perform will be available for

goal of the demo team is to disclose the dangers of cigarette smoking, and at the

sports. The organizations use professional skateboarders, bikers and inline skaters as models against tobacco. Their positive attitude inspires healthy lifestyles and cautions students about the hazardous effects of tobacco use. The event also has contests quizzing about tobacco facts that will reward correct answers with exceptional prizes (and we're not talking a free Frisbee here). They also offer autograph opportunities, bounce-back coupons and sponsor promotional items including anti-tobacco t-shirts

day. San Marin will luck out with an assembly schedule and forty-five minutes of BMX anti-tobacco fun. The

your camera and skating gear because BMX is coming to SMH.



Stratospheric Gas Prices

by Marco Perez

In California a few months ago, drivers lived rosy times, when the price of gasoline didn't even reach the \$2.00 mark. However, as the first months of 2005 passed, the cost for the fuel began to skyrocket. Unfortunately, on average, the student sector is one of the most affected. Averagely, most student-drivers only have a part-time job, which provides with a restrained budget that serves for movie tickets every now and then, or a fashionable shirt from a popular store. But, nowadays, the price of gasoline is draining the money from the pockets of young drivers. As junior Julio

Sanchez asserted, "With the money it takes me now to fill the tank of my car, I better start watching how much I drive." Every time the gas tank needs to be refilled, drivers encounter steadily growing prices. In some gas stations the cost for a gallon of premium gasoline has reached the \$2.95 mark.

Unfortunately, the future of student-drivers seems grim, since experts predict that the summer will bring even higher prices. Compared to last year, the cost of oil has risen 50% percent. However, the difference is going to increase, since it has become a tradition that the summer's

intense heat brings intense oil prices. Even last Friday, in the international market, the crude prices settled above \$56 a barrel, a new record, reflecting traders' fears about restricted supply in a strong global demand.

Are drivers doomed to paying stratospheric prices? It seems that there is not a permissible solution, other than using public transportation. For students, there are a few options: Adjusting their budgets to the gas prices, obtain rides from friends and family, or riding a bus, or bicycling.



Question Man

What was the most trouble you got into during high school?

Compiled by Denise Nilan



Shannon Furr—“We stole the flagpole from the middle of campus and put it on the top of the hill above our '95.”



Tom Zechlin—“I got caught squirting my math teacher with a squirt gun and I got hit across the throat with a yard stick.”



Sue Taggard—“I was a senior in high school and I came home a day late after visiting college buddies. I was grounded and lost the keys to my car.”



Mike McInnis—“We chained the Administrators in the administration building 2 minutes before lunch.”



Loeta Andersen—“I toilet-papered my neighbor's Ford Thunderbird.”



Anonymous Social Studies Teacher—“My friends and I moved the principal's car to the far side of the parking lot and he thought it was stolen.”

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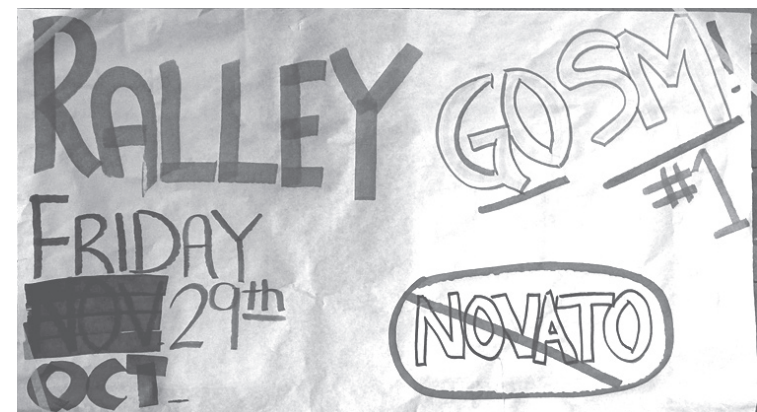
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The Leadership Has Sunk

by Reginold Worchertshire

Our school is saturated with clubs and organizations — groups centered around ethnicity, religion, academics, sports — and each serves a unique purpose for its members. However, according to school policy, whenever a group of students want to form a club, or whenever a pre-established club wishes to hold a fundraiser or event on campus, they must submit a written proposal to an elite gathering of students, who will then 'approve' the idea. This group, as we all know, is made up of students in an actual class, deceptively labeled "Leadership."



How pointless. To further demonstrate the pointlessness of this group, let us look at an example. When Alpha Omega (the Christian club) wishes to hold a lunchtime fundraiser, a proposition must be written up and submitted at least one month prior to the event. What exactly does "Leadership" do with this information? What can they do? If they refuse any propositions, it would be simple enough to organize it despite their lack of support. In fact, all baking and food sales are frowned upon, except for at holiday time, due to competition with the cafeteria. Leadership, however, holds a daily student store that sells various products at lunch — most of its attraction stemming from candy sales. Various clubs around school have held similar sales, but the funds are used to donate to important foundations in the community — Chutzpah (the Jewish club) raised \$180 for the Marin Women's Breast Cancer Foundation with a bake sale. How can Leadership claim the right to deny clubs the right to raise funds for such important organizations?

Anti-Semitism in Europe

by Paul Himmelstein

Dachau. Bergen-Belsen. Auschwitz. Names usually accompanied with fear and sorrow. The paramount of anti-Semitism in Europe, these were the bane of many torn Jewish families in the 1940s. After the Holocaust, anti-Semitism in Europe receded, down to the level of the other prejudices of the world. It maintained that way until recently; at the turn of the millennium the rise in anti-Semitism became too great to ignore.

Hasselt, Belgium: A soccer match between Israeli and Belgium nation soccer teams is accompanied with hissing sounds from the crowd. The first impression could be that they've found an alternative to booing, but that thought is immediately dispelled when Muslim fans begin waving Hamas and Hezbollah banners, exclaiming "Jews to the gas chambers" and "Strangle the Jews." The rise in anti-Semitism seems to be corresponding to the rise of Muslim immigration from the Middle East, however, the rise in Muslim population can't be the only reason for increased anti-Semitism.

"The Jews have

vindicated the persecutions of the Nazis... they deserved such an executioner [as Hitler] since they proved to be murderers themselves," wrote a journalist for a leading Greek newspaper. This and other forms of public anti-Semitism may be rooted in the attitude of many European politicians towards Israel's



position in the conflict with Palestine. Israel doesn't help their position, basically stating that anyone not agreeing with their view is potentially anti-Semitic.

Among all the countries in Europe, anti-Semitism is most prevalent in France. Some rabbis are even urging boys to wear baseball caps instead of yarmulkes in public. French representative Michel Voisin says France viewed anti-Semitism as a "particularly

odious form of racism." French Prime Minister Jean-Pierre expands on the thought by stating, "Attacking a Jew is tantamount to attacking the French Republic." Frequent attacks, including synagogues plagued by defecation and arson, are quickly becoming worldwide concern.

Former New York Mayor Rudolph Giuliani told delegates to take firm action to eradicate violence against Jews, including keeping statistics on hate crimes, identifying problems early on and comparing performances between countries. President George W. Bush insisted that, "Anti-Semitism [should be] excluded from school textbooks, official statements, official television programming and official publications." However, censorship will not simply remove the anti-Semitism taught at the household. The European Union's plan to battle anti-Semitism includes remembrance and education of the Holocaust, hoping the European population does not dismiss the Holocaust from their memories.

of each classes' senior year, without much effort focused upon the community around them.

But when they are not planning prom fundraisers and rallies they work on building "leadership skills." However, the majority of leadership students are surrounded by friends, and the "leadership skills" they may or may not exhibit in this classroom atmosphere are hardly represented on campus. In fact, one of the only important events not associated with prom is the senior trip to Disneyland. It

failed to get enough signups. Why is this? Lindsay Walsh criticizes: "If we had the proper information, we would've been able to go on the trip every senior class looks forward to." It seems that if an event has no association with prom, it is given little emphasis.

There are a few aspects of the class that fail to fall under their name: "leadership." Their futile attempts to grasp control and significance - their yearly accomplishments basically consisting of planning rallies and prom fundraisers, and of

course, posting up colorful signs. It all conveys the true nature of the class: their apparent lack of leadership. Maybe instead of threatening electives or teachers with our poor budget, we should make this group of students, whose actual purposes are needed into a group meeting a couple times a week, ensuring that they are not given the illusion that they have any capability of "leading" the student body. We can make sure they have enough Crayola pens and paper to keep them happy year-round.

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Cha-Ching

by Kristen D'Angelo

If you're like most kids here at San Marin, chances are the loads of cash you acquired during the holidays were drained long ago on that new video game or that cute, lacy Abercrombie top. But, before you attempt to sell your mom's annoying yap-yap dog in hopes of adding some green to your wallet, check out some job opportunities that will make your summer days a little richer.

Restaurant Work

If you're the type who looks for a job that offers the most stomach satisfaction, then I suggest applying for a hostess or waiter/waitress

position at one of the many dining spots here in Novato. If you're hired, employers often offer discounted meals to you anytime you come in, and free ones after your shift. Pay ranges anywhere from minimum to the low-teens: but don't fret about getting gyped, because you earn tips in addition to your paycheck. Suggestions: Taxi's, Mary's Pizza Shack, Starbucks, Baskin Robbins, Pasta Pomodoro, Tagliaferri's, Chevy's.*

Retail Work

You're the one who's always rockin' a stylish new outfit and your credit card works out more than Richard

Simmons does sweatin' to the oldies. My suggestion: cut down on some of those bills by getting a job in retail and taking advantage of some of those fantastic discounts. This could also backfire, and your paycheck could end up in the negatives because you spent it all on the spring shipment of marvelous new merchandise. But let's hope you have more control than that. A little tip: if you are hired to a store that is part of a multiple chain (i.e. Old Navy, Gap, and Banana Republic are all owned by the same company) then you are privileged to receive an employee discount at all stores owned by the head company.

Suggestions: Old Navy, Pac Sun, Target, Pier 1, Gap, and Macy's.

Other

You don't like to shop and you hate food...or you just don't care where you get a job as long as you have one; that brings us to the "other" category, which involves everything from the grocery store to the movie theaters. Just decide whether you'd prefer to spend your vacation asking "Paper or plastic" or "Would you like butter on your popcorn?"

Suggestions: Safeway, Long's Drug Store, Pini Hardware, Petco, Rowland/Northgate Theaters.

Whether you're looking for a summer job because the parentals are forcing you, or you just really, really need the dough, don't look at it as the kiss of death; you get to spend those sizzlin' summer days in a cool, air-conditioned place, you get to meet new people, and best of all, you'll not only be rollin' in the dinero, but you'll be the best dressed most well fed San Marin student strolling through the halls....until you spend it all on your Christmas shopping.

*Some restaurants require you to be eighteen because of liabilities involving their selling of alcohol.

Kiss Me Carl?!

by Katt Knecht

Kiss Me Kate, San Marin's spring musical, opened Friday, March 4, in the student center. The play, with music by Cole Porter, takes place in a theater in the 1940s where the play, Shakespeare's Taming of the Shrew, is being produced. Lara Palanjian and Kiley Pearson star as Lilly, a hotheaded actress playing Kate in Taming of the Shrew. Carl Oser stars opposite them as Fred Graham, who plays Petruchio. Kate's enthusiastic suitor. Fred and Lilly are divorced, and

have a love/hate relationship that is made complicated by Fred's wandering eye, which has landed on flirty Bianca, played by Ally Mangerelli and Gen Greene. Unfortunately, Bianca's boyfriend, played by Keith White, has a jealousy problem, and all four of them end up in quite a bit of trouble when emotions are allowed to affect their acting...spanking ensues.

As always with Cole Porter, the songs are fun, and Jane Greene's choreography is exciting. Long time techie

Andy Garon has finally risen through the ranks to become stage manager and headed a fantastic tech crew, which created some pretty incredible scenery, lighting, and sound. The orchestra (lead by Mrs.

Gates) has always been a great contribution to the musicals, and the talent of the students really shows. But there was a bit of drama; Mrs. Gates had to leave the show Saturday due to her newest grandbaby

being born (it's a boy). And remember, if you missed this show, the music department is holding events pretty much constantly, so come down to the student center and support San Marin music!

Drama Strikes Again!

by Alex Randall

As other students are starting sports seasons or sitting on couches watching TV., the San Marin Drama Department prepares to take the stage in late April with their production of Francis Swann's "Out of the Frying Pan." Set in the modern day, it tells of the trials and tribulations of three male and three female aspiring actors living together in a New York City apartment. Coincidentally, the apartment they live in is directly above the residence of a popular Broadway producer. In an attempt to be cast in one of his plays, they put together a production of their own to show him. There's only

one problem; they can't seem to get him to visit their apartment! Matters are only made worse when a visiting friend threatens to inform the father of one of the actresses of their shoddy living conditions. All of a sudden, they fall into luck when the producer shows up at their door to ask for a cup of flour. They convince him to watch their play, but as they begin, certain distractions stall the performance, involving dead bodies, cops, and a spunky landlady. Through all of this turmoil, both a marriage and other romantic feelings are revealed. Directed by Ms. Linda Kislingbury-Cain and senior Shane

Rose, this show stars juniors **Melissa Corner, Annabelle Rollison**, and seniors **Meg Paulsen, Yan Gorman, Ben Maxwell**, and Rose as the flamboyant dramatists. Junior **Chris Gomez** portrays the neighboring producer, while senior **Jaimie Brandley** plays the acquaintance, and juniors **Ally Mengarelli** and **Madeline Stoddard** are double-cast in the role of the enthusiastic landlady. Performances are as follows: April 28 @ 7 P.M., April 29 @ 7 P.M., April 30 @ 7 P.M., May 1 @ 7 P.M., and May 2 @ 2 P.M. Tickets cost \$5 for students and \$8 for adults.



Co-stars Carl Oser and Lara Palanjian in Kiss Me Kate

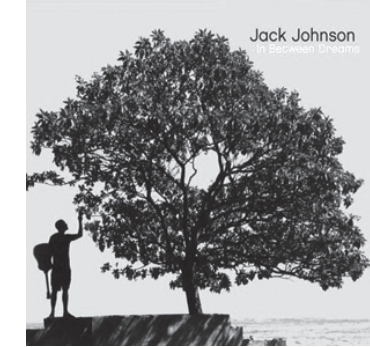


Shane Rose and Melissa Corner practice a scene in Out of the Frying Pan

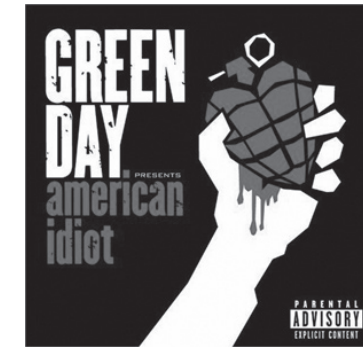
Spring's 9 Essential CDs

by Katrina Richards

Feeling tired of the foggy, rainy weather? Well, of course, who isn't? Spring's here and you'll need the most important thing of all. No, not flirty skirts or a pair of new Reef flip-flops, but some new tunes to keep up with your happy-go-lucky Spring mood. Hopefully, you'll be prepared for the warmer weather and peppy mood with these ten must have springtime CDs.



1. Jack Johnson – "In Between Dreams": With his relaxing melodies and deep lyrics, who can resist? The minute you listen to the first song on this CD, memories of Hawaiian sunsets, cowrie shells, and waves peacefully crashing on the shore will immediately come to mind. And with spring (which means major standardized testing) here, you'll love the much needed relaxation this CD contains. *iPod-Worthy Songs*: "Never Know," "Banana Pancakes," & "Sitting, Waiting, Wishing"

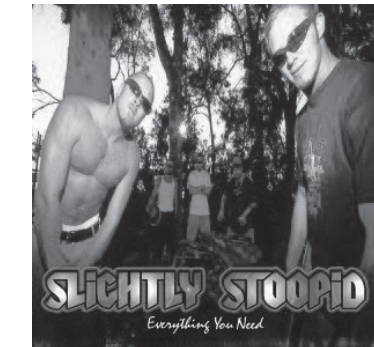


2. Green Day – "American Idiot": Obviously, this CD has a very political message but if you leave your political views at the door, I guarantee that enjoy at least one song on this album. Green Day has been around for a while and they continue to produce awesome records. The lyrics are upbeat and the CD is full of energy. *iPod-Worthy Songs*: "Boulevard of Broken Dreams," "Letterbomb," & "Holiday"

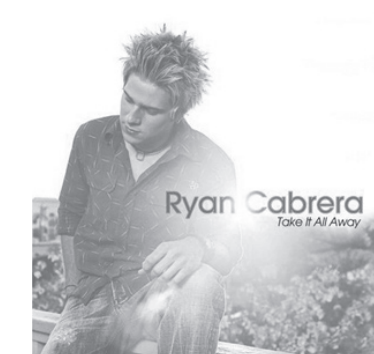


3. Le Tigre – "This Island": Led by Kathleen Hanna, this CD is the band's first major label release, and though some people say they've "sold out," Le Tigre proves that they're still as

kick-butt as ever. With their strong opinions and lyrics, this CD makes you want to get up and scream along with the lyrics. *iPod-Worthy Songs*: "After Dark," "TKO," & "New Kicks"

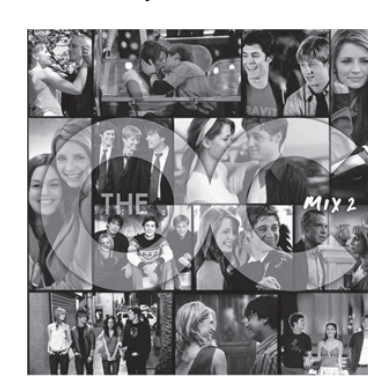


4. Slightly Stooped – "Everything You Need": Do you need a definite feel-good album you can turn up while you're cruising down the 101 in the California sun? Well here's your solution. The lyrics are intoxicatingly easy to memorize and you'll find yourself humming one of their songs throughout math class. *iPod-Worthy Songs*: "Officer," "Sweet Honey," & "Collie Man"



5. Ryan Cabrera – "Take it All Away": Better known as Ashlee Simpson's ex, he hasn't gotten as much publicity as Ashlee has but probably should, considering that he doesn't lip-sync. His music is calm and his lyrics are sweet. Ah, just what a girl (or guy) wants. *iPod-Worthy Songs*: "Exit to Exit," "Take It All Away," & "She's"

6. Music From the O.C. Mix 2: Nothing says warm weather like the action and music from the O.C.! It's a compilation of today's hottest artists making your days between Thursday filled will songs from the show, reminding you of dorky-but-hunky Seth Cohen. And that is definitely any fan of the TV show want. Or even non-fans, considering that the CD screams warm weather and indie hits. *iPod-Worthy Songs*: "Smile Like You Mean It" by The Killers, "If You Leave" by Nada Surf, & "Walnut



7. The Used – "In Love and Death": The Utah boys are back with their much-anticipated follow-up to 2002's self-titled album. And trust me, it was worth the wait. Their sound has matured and their lyrics are catchy and upbeat. This is definitely what you need when flooring down the streets of Novato—high energy, considering this town isn't. *iPod-Worthy Songs*: "All That I've Got," "Listening," & "Lunacy Fringe"

Tree" by Keane



8. Jay-Z – "The Black Album": We've all heard "99 Problems," and no matter how many times you say that you despised the song, you know deep inside that you sang it in the shower for the longest time. So what if rap's not your forte? Break down your walls and give this album a listen. It will be worth it. *iPod-Worthy Songs*: "Encore," "Dirt Off Your Shoulder," & "99 Problems"



9. Led Zeppelin – "IV (AKA Zoso)": Who can deny the classics of rock? Nobody, that's for sure. I say, go watch the movie, "Dazed and Confused," and then listen to some Zeppelin. You'll appreciate the music more after you have an idea of what era this CD was put out during. *iPod-Worthy Songs*: "Black Dog," "Stairway to Heaven," & "Going to California"



San Marin Finishes Fourth in Robotics Competition

by Farzad Fard

During Ski Week, most students went away for vacation. While they were off skiing the slopes, four seniors were hard at work in a garage, working on *Lopez El Pesado*, a robot. These four students were Farzad Fard, Jessica Hills, Ben Nelson, and Gregory Durham, from Novato High School. They were *Team Fedora*, representing San Marin High School in the San Francisco State University Annual Robotics Competition.

It all started in December, when Mr. Sisneros announced to his Physics class that on February 24 there was going to be a robotics competition being held at SFSU. Fard, finding it interesting, gathered the team together and signed up. The robot came in mid-January in a box, in its separate pieces. This robot was supposed to be autonomous, without a remote control. It was to compete in a sumo

ring with another similar robot. The way it works is that it senses the color of the ground when it starts up, then when it moves, it tracks the ground color. If there is a change from the original color, it turns around, going another direction. The sumo ring was black with a white ring around the edge to show the out-of-bounds line.

The team built the frame of the robot early on. In early February, they finished the soldering of the electronics. With the help of Fard's little brother, they

debugged the robot and fixed all its electronic problems. A few days before the day of the competition, Team Fedora named the robot *Lopez El Pesado*, a robot from the popular web-series Red vs. Blue.

On the day of the competition, Team Fedora and Mr. Sisneros went to the competition at San Francisco State University's Cesar Chavez Student Center, Jack Adams Hall. Of the twenty-five teams that signed up,

fifteen showed up. The competition began at around 10:30 AM. The judges moved Team Fedora up to the second round. After beating his first competitor, Lopez moved on to the semi-finals. In the end, Team Fedora with Lopez El Pesado, representing San Marin High School, finished in fourth place.

You can check out details about Lopez's specifications online at www.fards.com/farzad/lopez



“Coke is overrated...we had a bag full of ecstasy...I was high all day”

Teenage drug use is not exactly a new topic, but it is constantly being discussed at San Marin among faculty members and students alike. Drug users at San Marin come in many forms, from the Ivy League-bound stoners who congregate in their honors classes to the serious meth addicts on the verge of dropping out. But none of this is new, or even unique. San Marin is pretty much in accordance with every other affluent high school in the country when it comes to drug and alcohol abuse. So why do most students who use believe they are rebellious or even special? To try to answer this, I talked with several San Marin students. Most of their comments were predictable, but occasionally some interesting insight was given about the world of high school drug use.

Danny* can't really remember why he started smoking weed. Boredom, maybe, or curiosity. Soon he found himself wanting to try other things, such as acid, shrooms, coke, and ecstasy. Four years later and now a senior he is clean of almost everything, but still smokes weed occasionally. “Weed relaxes me, but everything else just made me trip out, made me stupid,” he says. While he seems to fully understand the harmful effects of the drugs he took, it's clear by the way

he sucks down cigarette after cigarette that he still hasn't mastered his own addictive personality.

Many students don't have a good idea of what detrimental behavior is. Their innocent experimentation in high school can easily spiral out of control. Many students who were able to balance such behavior with their schoolwork find the same is not possible in college, and ultimately choose drugs over their education. Of course, for every one of those students is another who messed around in high school but went on to become a successful adult. The problem is it's rarely possible to tell who's just messing around and who's on a downward spiral.

The most popular drug at San Marin is marijuana. It's readily available, easy to use, and considerably safer than all other drugs. For those students looking for a high without any consequences, weed is perfect. All the students I talked to claimed that any task can be performed while high: taking a test, driving a car, playing sports, etc. But it's no miracle drug. Autumn*, a junior, says that she stopped smoking weed after realizing that she wasn't getting anything done. Laziness, stupidity, and a lack of interest in anything are all “consequences” of

weed. When I asked several students about effective anti-drug campaigns, the only positive answer given regarded an anti-drug commercial depicting a stoner who didn't get into any typical drug-related trouble, but rather didn't do anything at all. Still, it's hard to preach the perils of marijuana to students when it's impossible to establish a pattern among users. At times during my interviews it felt like everybody at San Marin had at least tried pot. Of course that's not the case, but the variety of students who imbibe regularly or semi-regularly seems to overcome all social boundaries.

Other drugs also have a special place in the heart of San Marin students. Shrooms, acid, even meth (speed) were brought up in conversation. Cocaine is perhaps the next



Fun Drugs Facts and More

by Clint Potter

- Drug companies donated \$11 million to the 7 lawmakers who wrote the 2003 Medicare bill. Those same companies employ 675 lobbyists on Capitol Hill
- Alcohol and alcohol related problems is costing the American economy at least \$100 million in health care and lost of productivity every year.
- Today it is estimated that 22 to 25 million people have tried cocaine at least once. Conservative estimates indicate that there are over two million cocaine addicts in the United States today.
- Nowhere is it a bigger problem that in the Midwest, where meth accounts for nearly 90% of all drug cases, and nowhere is it more prevalent than in Oklahoma, which ranks in the top five in almost every meth category.
- A majority of Ecstasy is produced in Belgium and the Netherlands
- The tongue of a blue whale is as long as an elephant's
- In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes
- Some ribbon worms will eat themselves if they cant find any food
- In the year 2000, Pope John Paul II was named an “Honorary Harlem Globetrotter.”
- In England, in the 1880's, “Pants” was considered a dirty word
- It is estimated that millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them
- The word set has the most definitions out of any word in the English language
- In medieval China, it was not unusual for a mother to breast-feed a child until the child was seven years old
- The Hoover Dam was made to last 2000 years
- Prior to the invasion Iraq had no official time system
- The Sun's total lifetime as a star capable of maintaining a life-bearing Earth is about 11 billion years. Nearly half the time has passed.
- Some viewers of Gilligan's Island apparently took the television show seriously in the 1960s. The U.S. Coast Guard received several telegrams from concerned citizens asking why they didn't rescue the Minnow's crew

most commonly used. It's expensive, and the high lasts a half hour at the most, but it's also highly addictive. And so students will go to great lengths to finance their habit. One student told me he spends entire paychecks on coke, working long hours that cut into his schoolwork. Finding the cash to buy drugs can often result in desperate measures; Danny* says that he began dealing himself when he became severely addicted. But a lot of students who are always hooked up merely have the good fortune of being born to well-off parents. And while a bored, rich stoner isn't the most flattering label, those that fit the description are usually the most in denial about their habits. Money doesn't solve all your problems, in fact, sometimes it makes you want to create new ones.

But students who work for their drugs have no hard feelings towards those who don't; they're all brothers and sisters in the great haze of life, I guess.

But feelings of good will pretty much stop there. When it comes to getting their hands on drugs, students will do just about anything. Autumn* recalls seeing friends get into physical fights over drug money. Students routinely get ripped off by their peer dealers; underclassmen are especially susceptible to this.

The administrations response to all this has come in the form of random searches, heightened patrol of parking lots and other areas around campus, and greater consequences for coming in late after break and lunch. But where there's a will, there's a way. Students will continue to use and abuse, some making it out okay, others falling into a lifetime of addiction. To quote a student, “It's a fact of life”. But maybe, students could take all the energy spent on getting and using drugs and turn it into something creative, you know, clean up a park or paint a mural or something...but then again, who am I kidding?

* names have been changed

It May Feel Good Now...

by Paige Thelen

Besides the information that those drug awareness commercials give us, what useful knowledge do we actually have about drugs? They're bad for you, so don't do them, right? Well, why exactly are they bad for you? The long term effects of Marijuana, Ecstasy, Cocaine, Heroin, Speed, and Mushrooms are somewhat surprising, and give great reason for everyone to avoid excessive use, or better yet- any use at all.



Marijuana: “weed,” “chronic,” “bud,” “herb,” “pot,” “ganja”

- Cancer: contains the same chemicals as tobacco smoke, which can also cause Cancer
- Respiratory problems: Coughing and wheezing, greater risk of lung infection
- Immune system: cells and tissues used to protect body from diseases are damaged, smoker much more prone to disease
- Delays emotional development, impairs ability to learn, heightens the likelihood of unprotected sex

Ecstasy: “MDMA,” “X”

- Brain Damage: memory loss and psychological problems
- Emotional disturbances: depression, sleeping problems, restlessness
- Liver damage: evident if acne-like rash forms

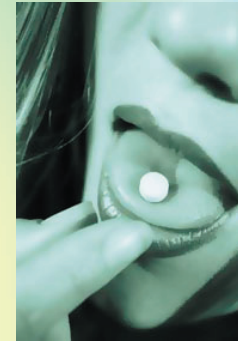
Cocaine, Heroin, Speed: all different but same long term effects

- Violent behavior for no apparent reason
- Malnourishment
- Emotional disturbances, dependence
- Amphetamines (speed) can cause brain damage and severe addiction, as well as periods of psychosis (syndrome that is caused by abnormalities in the brain)
- Withdrawal



Mushrooms: No long term physical

effects, however poisoning may cause death
Mental effects: cognitive impairment and HPPD (Hallucinogen Persisting Perceptual Disorder) and possibly some emotional liability due to effects on the Serotonin system

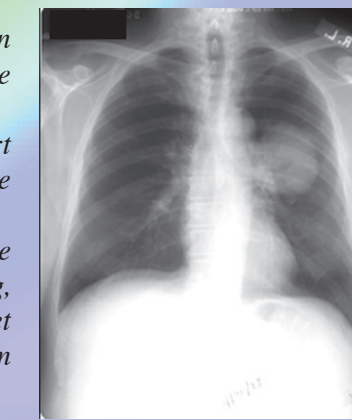


Psilocybin Mushrooms

Some other facts:

- Just because a drug is “natural” or “herbal” does not mean it's safe.
- Many drugs are stronger than they used to be. For example, in the 60's, the average joint contained about 2 percent THC. Nowadays, it's between 6 and 10 percent (sometimes even up to 15 percent)! Heroin's purity used to be in the teens; now it's between 60 and 70 percent. What does this mean? It's easier to get hooked -- and to overdose.
- Some studies have shown that even after one use of certain drugs, your body chemistry starts to adapt to the presence of the drug, so you automatically start to crave more.
- Once a drug enters your bloodstream, it's carried to every part of your body, including your heart and lungs. This can cause heart attacks, breathing problems, and death.
- Drugs don't affect everyone the same way. So just because a couple of your buds didn't get seizures from a certain drug, don't assume you won't either. And just because you don't get affected as much from one drug doesn't mean you won't die from another.
- When you buy street drugs, you don't actually know what's in them. To get more money by selling less, dealers often bulk up their inventory by mixing it with baking soda, talcum powder, or even poisonous household-cleaning products. You especially have no idea what's in pills (particularly capsules) because you can't see inside them.

It is apparent that if teenagers want to do drugs, they will continue to do them despite what parents, the school newspaper, or TV commercials tell them. However, it is important to first understand the consequences of using drugs. With this knowledge, students can evaluate whether or not the “high” is really worth it. Obviously, it is NOT. These “highs” may feel great now, but in the long run, they are harmful to the human body and should be avoided as much as possible. Think about it, a simple refusal could save your life...



Pass Up the Blue Kool-Aid

by Beth Sekishiro

Although high school teens often feel invincible, there are very real dangers surrounding their new environments of dating and parties. One of the most frightening of these is drug-facilitated sexual assault – being drugged and then raped. There are three drugs

commonly used in drug-facilitated assault: Rohypnol, GHB, and Ketamine. These drugs make a victim more relaxed and less aware of their surroundings, impair judgment, and can make one less able to fight off advances or lose consciousness; when given an overdose, victims may suffer brain damage or even die.

Legally manufactured and prescribed outside the United States, Rohypnol is the brand name for a drug meant to cure insomnia. The manufacturer, Hoffman-La Roche, Inc., now produces the pills so that when they are dissolved in a liquid, the liquid turns blue; the old tablets dissolve

colorlessly; and both versions of the drug are odorless. Those hoping to commit an assault can obtain the old, colorless pills fairly easily, or disguise the new pills' coloration by serving beverages that already have a blue tint. The drug often causes a form of amnesia in which the victim cannot remember things that happened while under the influence of the drug.

GHB is perhaps the most well-known of date rape drugs. An odorless, slightly salty- or soapy-tasting liquid also found in powder and capsule forms, GHB (or

gamma hydroxybutyrate) was originally used as a sleeping aid. Overdose can cause sudden vomiting, loss of muscle control, respiratory failure (victim stops breathing), seizures, and comas.

A veterinary and human anesthetic, ketamine is usually injected into the muscles or veins; it also comes in tablet form, and in a powder that can be snorted or smoked. It causes hallucinations; those high on the drug often appear drunk. Victims are in danger of coma, brain damage, and death.

In order to avoid being drugged and assaulted, be smart about where your beverages come from and go. Keep your drink with you at all times (even in the restroom – or get a trusted friend to hold it for you); if you have to leave your drink alone, just get a new one. Don't accept drinks from anyone else. Avoid getting drinks from an open container, such as a punch bowl.

If you think that you may have ingested one of these drugs or become a victim of drug-facilitated assault, call 911



Online Confession Phenomenon Spreads Through San Marin

by Kristen D'Angelo



xanga.com
THE WEBLOG COMMUNITY

myspace
a place for friends

Ask anyone here at San Marin, and chances are they have, or do own a diary or journal. Whether it's a little locked pink diary, or even just a spiral notebook, it contains everything from your most private thoughts to what kind of slurpee you got at 7-11 the other day. These personal confessions often include thoughts that you wouldn't even share with your closest friend. So why does it seem that every teen in Novato and their mother has decided to post their journals online where anyone and everyone can view it? Just chalk it up to being a confession phenomenon.

As teenagers, we are subject to extreme mood swings and frequent bad days. And even though we love our friends, sometimes 'talking about it' just isn't what we feel like doing. This is why many kids said they created a Livejournal (or online 'blog'). They use it as a forum for explaining why they've been upset lately, to share what's been bothering them, and sometimes just to vent whatever is on their mind. Junior Mia Clarke commented, "I use it to communicate with friends, sometimes it just feels good to be able to write what you can't say." By posting it online, they are able to inform their friends about their problems without having to deal with a one-on-one confrontation. Livejournal, xanga and myspace also have features in which people who read an entry can comment on it. So, if they need advice on a problem, or an answer for a perplexing question, they can post an entry about it and readers can comment back with an answer.

Being the wired, savvy, high-tech generation

that we are, we have many ways to communicate. Cell-phones, text messaging, instant messaging, e-mail, and now you can add livejournal to that list. It is not uncommon for people to use their blog for having a conversation with another user about the dull rally at school that day or determining plans for a wild and crazy Friday night. Yet, it's also convenient for keeping in touch with friends that don't live close by. By posting about what's going on in their lives they're able to keep up to date with all their far-off buddies without the ridiculous phone bill and dry tongue from licking so many stamps.

Those who are in a band, play a sport, or act and sing in drama and musical productions know how much of an adrenaline rush it is to have a sold-out audience to perform for. Yet, they also know how difficult it is to inform enough people in order to have a sold-out audience. Once again, Livejournal comes into play. Many bloggers often advertise for an upcoming performance or game that they'll be participating in, and encourage people to check it out. Sophomore Courtney Chao recently posted an entry encouraging people to come to a track meet. "I was hoping people would read it and want to come and watch it."

Anyway you look at it, Livejournal has become a phenomenon. There are over 2,631,947 active users, and more keep joining everyday. But, warning: if you decide to succumb and create a Livejournal of your own, at www.livejournal.com, you will be hooked. And once started, it's an addiction that's hard to overcome. Take it from someone who knows...

Senior Songs

by Denise Nilan

The school year is coming to a close and seniors are being forced to make a decision. No, not about college, it is time to decide which senior song to pick. Before blindly circling any song, think about the importance this song holds. It will be played during graduation, and the title of it will be printed on the class mugs distributed at prom. So pick wisely. Below is a compiled list of songs, the top five are options to be voted on, and the remaining were nominated:

*A Little Help from My Friends (Wonder Years Theme) - Joe Crocker

*I'm Free - The Who

*In My Life- Beatles

*These are the Days- Van Morrison

*Tuesdays Gone- Lynryd Skynyrd

89 Vision - Sublime

All Along the Watch Tower - Jimi Hendrix

American - Sandman

Another Brick In the Wall pt. 2 - Pink Floyd

Forever Young - Alfvil

Freebird - Lynryd Skynyrd

Good Riddance (Time of Your Life) - Green Day

Graduation - Vitamin C

I'm Free - The Who

Ramble On - Led Zeppelin

Seventeen - Tim McGraw

Sir Duke - Stevie Wonder

Sweet Home Alabama- Lynryd Skynyrd

Time After Time - Ozzy Osbourne

Tiny Dancer - Elton John

The Time of My Life - Dirty Dancing Soundtrack

Used to be My Playground - Madonna

War Pigs - Black Sabbath

Everybody Dance Now...

by Geoff Elsmore

The Young Americans are a group of 45 talented young singers and dancers who tour around the country teaching a three-day workshop in each community they stop at. They work with up to 300 students at a time teaching voice, dance, and performance. The workshop is spent learning songs and choreography for two shows performed on the third day. The Young Americans perform with the workshop attendees, many of whom are selected to take a solo or sing and dance in a solo group. Some examples of the music they sing and dance to are Beatles' medleys and songs, Footloose, Gershwin, Happy Days Are Here Again, Route 66, Twist Again, and

selections from the musical *Stomp*.

Their friendly demeanor allows them to enter a community and be accepted equally by students and adults. Freshman Eric McCarter, currently hosting three Young Americans, was one of many touched by the performers when they last came to San Marin for years ago. "I had never done much with music before, but my brother was involved and got me to sign up for the program last time. I'm so glad I did; this workshop changed my life," said McCarter. Many adults who come to see the performance on the third day are equally impressed and touched by the Young Americans.

Each performance group of 30 is selected from the large pool of 200 Young Americans based out of Southern California. They study and rehearse at California Pacific College of the Performing Arts.

Young Americans is a non-profit, tax exempt, educational institution that was founded in 1962. They were revolutionary at the time as they were the first choir to dance to the music they sang. In the 60s and 70s, they invented the high school show choir by influencing America's music teachers, appearing on leading television shows such as the Ed Sullivan Show.



San Marin Music Students practice "Beethoven's Ninth" with Young Americans

No Mickey for '05

by Denise Nilan

Since Mr. Whitburn can remember, seniors have been taking the annual trip down to Disneyland, but no more. For the first time in many years there were not enough sign-ups for Disneyland. The class of 2005 fell short to meet the participant requirement established by the district. Without this minimum met, the Disney trip isn't considered a "class trip" since the majority of the class isn't participating.

Many seniors are bitter about the situation, but understand the reasons why some seniors were unable to take part. One popular reason for students was the price. The \$50 down payment for the \$150 fee was expensive. Another common excuse was sports. The senior class is notorious for their athleticism, and many of San Marin's spring teams rely on seniors to finish the season. But unfortunately for many sports, playoffs were scheduled for

the same day as Disneyland, proposing a major decision for senior athletes.

Now that the senior class is unable to go to Disneyland, there has been talk about an alternative senior activity. Possible events that have been discussed are a senior picnic or a trip to Great America. Seniors hope that some sort of trip will be developed to conclude senior year. But unfortunately, all that is definite so far is that the Class of 2005 won't be visiting "the happiest place on earth."



Cures for Spring Fever

by Katt Knecht

The grass is green, the sun is shining (well... more than in December), and San Marin Drive looks like it is covered in cotton candy. And, of course, spring fever is slowly setting in. So, the Pony Express has taken the liberty of providing you with a few outlets for your newfound love of all things spring.

Spring activities:

Baseball: spring training is happening right now in Arizona, where you can see all of your favorite teams battle each other for a fraction of the price of a ticket to SBC, AKA Pac Bell park.

Hiking: There are great hiking trails all over Mt. Burdell, and if you are sick of Novato it is just a short car ride to Mt. Tamalpais, where you can walk overlooking the entire Bay Area. While out on your hike, bring a picnic basket and stop for a nice lunch. For a twist, wait until it is raining and find a cool place like Stafford Lake or Indian Valley to enjoy it.

Parks: Go to a park! Pioneer

or Miwok will serve locally, but if you want to have miles of greenery and playgrounds, take a trip to San Francisco and spend a day in Golden Gate park. If you are lucky you will get to see the herds of wild buffalo roaming there. Shopping: There are tons of spring sales going on. see "Spring for Some Style" for details.

Beach: Hop in a convertible and head to the beach to take that lovely shade of pasty out of your skin. On the way, stop at the Cheese Factory and Pt. Reyes to go to the tie-dye store.

Biking: There are a bunch of bike trails by the Indian Valley Campus of College of Marin; get out the old Schwinn and take a ride. **Concerts:** Now that the sun is out, bands are flocking back to amphitheatres like Shoreline and Candlestick.

Get ready for the sunshine: remember to WEAR SUNSCREEN!!! Your skin will thank you later!

Why Try?

by Clint Potter

For many students in the homestretch of their K-12 academic career it becomes increasingly difficult to make a dedicated effort in school. After 11 years of teacher's persistent drone and the repeating the same old schedule it takes the most determined student to give their full energy. This lack of dedication can't be traced to any one source; rather it's a cobweb of distractions and deficiencies preventing students from learning and wanting to learn.

The one subject that stresses on every student and parent's mind is college. The increasing competitiveness of colleges added to the stress and complication of the average student's life leads to

a point where "I honestly think that each year it gets harder and harder for students" Teacher Mr. Zechlin. The ridiculous amount pressure put on students by society and parents to be the perfect student that will be accepted into the perfect school, while juggling school, sports, a social life, and/or work is asking too much for the majority of students, who are ill prepared for such responsibilities.

Under this stress it tends to be easy to give up on academics, especially when there are so many other things for teenagers to focus their time and energy on. For example a good number of athletes are more dedicated to their sport than to their

studies. Other students have family businesses or serious hobbies making a majority of classes offered at San Marin completely irrelevant. Senior Bret Wilson sums it up, "Because I'll wind up in the same place anyways."

However, the blame cannot be placed on the students or parents alone; rather, it is the Novato community and state of California that as a whole is responsible for cut classes, the loss of excellent teachers and \$3.7 million in cuts slashed from funding next year. It is evident without the cooperation of the community the situation for students will not improve.

Springing For Some Style

by Kristen D'Angelo

You know it's time to start shopping for some warmer-weather clothes when you don't spend fifteen minutes scraping the ice off your windshield in the morning, and underwear sightings become more frequent as girl's miniskirts are swept up by the sporadic end of winter winds. But before you sweet-talk mom into letting you borrow her plastic for the day, take note of the fabulous fashions arriving in stores and decide which one is perfect for you.

For all you collar-poppin' preps, rejoice in the plethora of perky, preppy finds that are filling all of your favorite stores. Be sure to snatch up the ever-popular polos, which are coming out in vibrant new shades such as turquoise, hot pink, and lime green. Flirty miniskirts are a must, and they're available in every type of material, whether you're in a lacy frilly mood or just craving some denim. After a surge of popularity this past fall, layering tanks and tees have become a staple in every stylish girl's wardrobe. They come in every color in the rainbow and then some, ranging from basic black and white to fuchsia and bright orange. Cardigans with cute little details like sequins and pearl buttons are a trendy way to warm those shoulders on a chilly spring evening. Complete your look with a silk headscarf (which can double as a belt), a pair of Reef flip-flops, and a hot handbag from Coach. Guys can strut their stuff in polo's

in every style from striped to pink; collared shirts; and classic cargo shorts. Stores to check out: Abercrombie and Fitch, American Eagle Outfitters, Gap, Hollister, Old Navy, J. Crew, and Pac Sun.

Trendy chicas can get their girly-girl fix by nabbing some silky tanks and flouncy, full skirts. Polka dots are huge this season, and you can find them on everything from skirts to belts to bikinis. Grecian-style tops are hot and baby-doll dresses are popping up everywhere. The surprise trend is the increasing popularity of Bermuda shorts. They're shorts that come down to your knees, and are usually spotted on retirees golfing in Florida. Yet, fashionistas are snapping them up like crazy. When things cool down, pull on a fitted blazer in a creamy white or soft pink. Top it all off with some chandelier earrings, a cowgirl hat, and a pair of wedge sandals from Steve Madden. Metro boys invest in pair of rainbow flip-flops, which are popular with surfers, but are becoming more mainstream. Oakley sunglasses are a classic with super trendy males as well as Lacoste tops. Grab some faded Calvin Klein jeans to finish off your look. Stores for Trendy Threads: Forever 21, Charlotte Russe, Wet Seal, Bebe, Macy's, Ralph Lauren (guys) Gucci (guys)

If you're more of a vintage fiend, take satisfaction in the fact that people find you're style cool, as exemplified by the surge of retro and gypsy fashions pouring into stores. Moroccan and Middle-Eastern designs and flimsy, flowy fabrics are manifesting in the form of dresses, skirts, and tops. To add a little extra something to your nomad style, slip into some beaded or leather sandals and adorn your wrists with gold bangles. Once the sun goes down, grab a crochet shawl to keep the goose bumps at bay. The free-spirited Woodstock styles of the late - 60s/ early - 70s are making a comeback. But go for authentic and scour vintage stores for some true finds. Guys should break out those ancient concert tees and beat up denim to complete their look.

Stores to Search: Any vintage shop, Goodwill, shops on Haight Street, Urban Outfitters (for those who are creeped out by used clothing). Whatever your style, just have fun and make sure it's 100% you. By following those simple rules, you'll for sure be rockin' San Marin's dusty halls.

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So Close, Yet So Far

By Katrina Richards

The San Marin Boy's varsity lacrosse team started their pre-season off with an 8-12 loss to Marin Academy. Poor playing was not the reason for this defeat, because the Mustangs played fairly well for a relatively "young" team. Consisting mostly of lower classmen, the team relies on its few skilled junior and handful of sophomore and freshman players. With only one senior returning player, the Mustang boys have a lot of toughening up to do.

During the Marin Academy game, the offensive line kept up a good fight and managed to score 8 goals. Key offensive line players include junior **Mike Depew**, sophomore **Brandon Aaesby**, and freshman **Keith Jayne**. The midfield players had trouble keeping the ball

away from rival possession. Key midfield (middle) players consist of junior **Alex DeConde**, sophomore **Max Larkin**, and freshman **Travis Warren**. "Our team's middle line is still young, so they have to still learn how to play more aggressively," said team captain Keith Jayne, "But overall, we played well as a team." What makes the Mustangs such a great team is its extremely strong defensive line consisting of key players junior **Nick Shaw**, sophomores **Andrew Razo** and **Erik Schadler**, and freshman **Tyler McCabe**. This was clearly evident by several gnarly hits by Schadler and Shaw's numerous sprints across the field to the opponent's goal to successfully score one for the Mustangs.

The game versus

Acalanes Union High School in Lafayette was a pure disappointment. With a final score of 9-10, the Mustangs were so close to victory. Until the last few minutes of the 4th quarter, the score was 8-9, Acalanes. But Mike Depew somehow managed to get past Acalanes's tough goalie to score the goal that tied the game and put it into a sudden death round, where Acalanes scored and won the game. Several players said that Acalanes played dirty and the referees continuously made calls against the Mustangs in favor of Acalanes. But no one will ever really know. What matters is that the Mustangs have a ways to go, especially if they want to crush the Novato Hornets, whose team is majority made up of all skilled seniors.

Splish Splash

By Ben Sangster

Once again, things are happening in the Novato High pool. Swimmers put back on their goggles, swim caps, and swim suits. Another year has passed, taking away graduating seniors and bringing in a new crowd of fresh faces to refill the team's ranks.

Freshmen **Christine McDonald**, **Michaela Wilding**, **Jennah Dawson**, and **Jordan Lager** bring some of the new strength to the Mustangs' lineup, while seniors **Matt Petty**, **Sarah Cochrane**, and **Kayla Schott-Bressler** provide leadership to the team. Some of the other returning swimmers include **Christopher Moghbel**, **Paul Lillie**, **Leilani Gilpin** and **David Stern**.

San Marin's season began with a time trials meet to

gauge each swimmer's abilities, and continued with a relay meet on March 11th, where all of the schools in the MCAL league enter four-person teams to compete in varying events. Some of these events include the 4x400 freestyle relay, where each swimmer must swim four laps as fast as possible, the 4x200 freestyle relay, where each swimmer must swim two laps as rapidly as possible. To win an event like the 4x400 FR, each swimmer must be able to swim four laps in under 52 seconds.

The Mustangs have a promising season ahead of them. With a relatively large team, they can expect more than the handful of victories. The team also hopes to send several swimmers to the NCS competition.

I'm Gunna Backhand You

by Dina Rosenberg

The spring season brings a new line up to the San Marin Boys tennis team this year, resulting in a rough start for the Mustangs. The tennis program lost eight male seniors who had strongly contributed to the team, and now many new and little experienced players are filling their shoes. The boy's present

record is 0-5, from matches with Drake, Redwood, Novato, San Rafael, and a match against interrupted due to wet weather. The problem the team faces does not involve a lack of talent, "The team has great potential, but contains little experience," explains number three singles player **James Gramalia**. The leading number one singles

player, Junior **Alex Randall**, has taken a great initiative in guiding and influencing the team. Ryan Berberian, the boys' coach, stated that, "we go as far as Alex Randall takes us." Hoping that the veterans will step us and mentor the newcomers, the Mustangs can come together and obtain some victories.



Sebastian Nguyen (Sea-bass) takes a swing.

On the Right Track

by Marco Perez

Coming back to a new season of Track & Field, athletes encountered heartbreaking news: Lisa Kemp quit the position of head coach due to personal reasons. Some people were relieved, since they find Kemp too rough for them. Yet, the real athletes worried because Kemp's deep knowledge of Track & Field and her passion encouraged athletes to do their best, contributing to last year's successes. Looking for a replacement was hard. Finally, after a long search, the San Marin Athletic Department hired



athletes into events according to their skills. However, disillusionment came in the first week; not much of these things happened. Athletes began to feel a hollow in the coaching. Senior Chris Knowles asserted, "The team lacks discipline, because the coaches are unorganized,

and don't work us as hard as we could." After a couple of weeks, many athletes began to qualify Track & Field as a joke, causing many drop-outs. Also assistant coaches Meredith and Maxine mysteriously quit their position. Fortunately, dedicated athletes stayed in the team and were looking forward, nevertheless worrisome, for the first meet.

Then, judgment-day came: Track & Field's first met at Tamalpais High School against the Hawks and Marin Catholic. With a great effort from the entire team, the Mustangs crushed MC in Boys &

Girls Varsity and Frosh/Soph Boys. However, Tamalpais defeated the Mustangs and MC in all the three categories. Standouts include Juniors Alison Greggor, Paul Himmelstein and Seniors Garren Suen, Chris Knowles and Jeff Baum.

Catching a Good Season

by Jame Gramalia

Bouncing back from a disappointing season can be a tough job for many teams. This may not be the case, though, for a team whose idea of a disappointing season was a third place finish, one win away from the title. If the San Marin Boys' Varsity baseball team had beaten Novato last season, the MCAL championship would have been theirs. The young Mustangs look to avenge that loss and fight their way back to the top of the pack.

Mustang senior leadership must be strong and effective on this fairly young team made up of mostly juniors. The juniors will learn and grow as the year goes on and come playoff time, these ripe athletes will be hardy veterans only focused on one thing: an MCAL title. Notable players include: Paul Macintosh, Jason Barnecut, Brian Gee, and Chris Dittmann. Look for these players to make a big impact this season.

The boys are off to

a good start this season with a record of 3-1 after four games, and after a late-inning loss to Petaluma, the squad has battled to win back-to-back games.

Playing small-ball, the Mustangs edged out Healdsburg with a sixth-inning go ahead run scored by Anthony Gonzalez. Brian Gee picked up the win, going five innings with five strikeouts, and Tyler Taggard collected the save.

Against highly touted El Cerrito High, San Marin came through with a 5-4 win. The bats of Jason Barnecut (2 RBI's) and Richie Riboli (double, triple) provided the spark needed to outscore the powerful El Cerrito offense. Chris Haller put it best, "We played a good game and straight up busted 'em up." Tanner Davis got the win, and Chris Haller earned his first save.

The Mustangs are beginning to get into a groove and look optimistically ahead to league play.

Kicking it Up

by Yuekai Sun

The Girls' Varsity Soccer team is off to a kick start this year. The girls defeated Marin Academy 1-nil in the first preseason game of the year. Sophomore **Kendall Joyce** scored the winning point late in the game with a shot from outside the penalty box. Two week later, the girls beat Headrois 2-1 in an intense game. Headrois scored first from a penalty kick early in the match. The Mustangs' **Irene Greer** equalized with a shot from twenty yards out. Center-midfielder **Casey Mokres** bent the ball past the keeper off a corner kick to put the Mustangs in the lead. Other notable players this

Tee Time

by Aaron Bae

As winter makes its departure and spring begins its arrival, so follows the beginning of the spring sports season. After a successful 2004 season—one which included an MCAL playoff appearance—the fifteen-member San Marin golf squad looks ready for another playoff run. The team lost seven players to graduation, 6 of whom competed in multiple varsity matches. However, the team welcomes back varsity sophomore **Rhett Carlson** and, arguably the best golfer in Marin, senior **Reese Holtze**, the 2003 team co-MVP and three-time All-League recipient. Other returning players include sophomore **Jeff Yen**, junior **Pat Graham**, senior **Charlie Drummond-Hay**, and senior **Joe Mertel**, the most tenured member of the team. While these four have altogether less than one full season of varsity experience and despite beginning the season 1-2, 2nd

year head coach **Bob Lacy** remains optimistic about the outcome of the season. The rest of the golf team consists of returning players, including senior **Colin Dougherty** and sophomores **Kevin Pottorff** and **Will Warren**, and newcomers, such as juniors **Jeff Rosell** and **Shaun Greenhalgh** and senior **Jacob Kaplan**. Though these players do not compete in many matches throughout the season, they serve as alternates and enjoy the benefits of practicing golf several times a week at Indian Valley Golf Course.

Lacrossing Over Obstacles

by Dina Rosenberg

It is a fresh start for the San Marin Girl's Lacrosse players due to the many changes in the program this year. **Jay Maurer**, the father of one of the players, has become the new coach, who has little lacrosse experience but is learning from the girls and getting them in shape for their rigorous season. "It looks like a promising season for the Girls San Marin Lacrosse, with eight returning players and several skilled new players. It will be a tough year, being a new coach and starting the season with league champions, University." Aside from a new coach, about half of the girls have just been introduced to the game, and

year include captains **Jackie Torvestad** and **Lauren Candia** and forward **Kylie Brown**.

In their first league match, the girls tied San Rafael, traditionally one of the strongest teams in MCAL, 0-0. The girls kept the pressure on the Bulldogs with no fewer than fifteen shots. However, luck was against the girls as not one of the fifteen went in the net. The girls are optimistic about the coming season. "Based upon how we did against SR," commented Mokres, "we will continue to get better as the season progresses and win many games."

year head coach **Bob Lacy** remains optimistic about the outcome of the season.

The members of the San Marin golf squad look prepared to practice hard, compete energetically, and have an overall great season. Says Holtze, "I am confident for the season. With our great talent, hard work, and ability to compete, we have the potential to be great."

all the veterans have been assisting the newcomers in their skills and preparations for games. "Because we have so many new joining players, winning is not our top priority for the time being, we just want to make them the best they can be," stated **Paige Thelen**, a previous team member. The team captains, **Liz Maurer**, **Lisa Neal**, and **Kim Puliafico** have also played some-what of a dominant coaching role, and are attempting to raise the skill level of the team as a whole. The girl's first season game is on March 16th at University (in San Francisco), so come out and show the team your Mustang support!

SPORTS STANDOUTS

Nick Shaw



by Pat Deshazo

With the second year of Boys Lacrosse coming up quick, the Mustangs need as many veteran players as possible. Although the guys had a solid team last year they only have seven returning upperclassmen. With the addition of a self proclaimed "lacrosse-star" the Mustangs managed to pick up from their cross-town rivals Nick Shaw. The hard hitting 6' 3" junior to make a big on the field this year and plans to give Novato "A run

for their money." Going on his fourth year of playing the game Shaw has no reason to think otherwise. Also a football player, Shaw is well ready for another fast-paced sport. "In football you see hits, but in lacrosse you get beat up a lot more."

Shaw's second year playing the game he had already won a state championship on Novato's JV lacrosse team as a freshman. The next year he played as a sophomore he

was bumped up to Varsity mid-season and was already starting by playoffs. "The best part about it is the speed, it never stops," D-man Nick Shaw said. "His intensity level is great and loves to be in the game. He never talks back and has a way with the ladies," said football coach Chris Augusto. Sounds like that's exactly what the Mustangs are looking for.

Lauren Candia



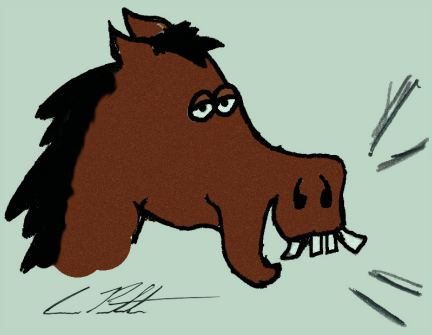
by Joe Mertel

With more than half a soccer scholarship to USF Lauren Candia classifies as this month's athlete of the issue. With an outstanding high school career in soccer, it's no wonder she got a scholarship. Freshman year Candia got MVP on JV. Even though she broke her leg during her freshman year, she recovered nicely and was able to play for

the San Marin Basketball team. During her Junior year Candia made first team all league and moved on to become co-captain senior year. On top of playing for the high school, Candia also played for the Novato Magic her freshman and sophomore years, then moved to club team Marin FC her junior and senior year. Overall Candia's been

a tremendous asset to her club and high school teams and she'll definitely be a huge asset to USF. Candia is also looking forward to seeing her fans on the soccer field for support this year. "I want to see all those hard core herd fans move from the basketball court to the soccer field. I promise we'll be more successful!"

ODDS AND ENDS



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

By Denise Nilan

- * Anonymous senior girl gets engaged.
- * Students suspended for swearing, a serious offense.
- * March 17th rally was cancelled in order for the Got Milk Gravity Tour to come to San Marin on April 19th.
- * School's last dance of the year "Dancing Through the Decades" has a tentative date of April 22. Dress up like any era you want.
- * Mr. McInnis's 5th period class wins the can drive with 102 cans out of a school wide total of 135.
- * New 12 lb burrito, the Abuelo Macho, is at Mi Pueblo for \$14.75. Junior Skip Sorenson is the first student to consume the beast.
- * Novato High bails on the girls' powder-puff football game.
- * Seniors show no shame in partying with '08.

* Constant whistling by students during the exit exams made teachers threaten to keep the sophomores in longer...and miss more class.

* Chris Augusto's coaching goes under heavy criticism after a parent complaint. The majority of his football team is supporting him.

* Cops bust St. Patrick's Day bash on San Carlos, only to find host missing. Guests were escorted to the driveway for questioning.

* Check out yoga Ken at Marin Fitness Mondays and Wednesdays at 7:00-8:00. \$10.00 for drop-ins.

* Girls' Lacrosse "team bonding" results in one very sick freshman and the entire team running four miles as punishment.

* The *Kiss Me Kate* cast party deserves a mentioning, but unfortunately it was too inappropriate to go into great detail.

* New must buy CD, *Garden State* soundtrack.

* Mr. Dell'Immagine harasses students coming from lunch... were you at the creek?

* Sophomore Chelsea Lee is slowly learning how to parallel park.

* Co-ed track team flourishes with spring romances.

* May 13, 2005 Will Ferrell's new movie *Kicking and Screaming* comes out.

* Varsity's promising forward, freshman Kiley Brown, broke her femur and is out for the season.

Crossword

by Dan Saslow

ACROSS

1. Person who initiates court case
7. "___ lumberjack and I'm ok"
10. Start fresh, with "begin"
14. Two in poker, minus "d"
15. Cool as a ___
16. Top card
17. Greek strongman
20. Harvest unit
21. Egyptian sun god
22. Not right or acute
24. San Quentin is one
30. Singer Sinatra
34. Famous escape artist
35. Hugs and kisses
37. California
38. A weasel
40. "Lone Star State" abbr.
41. Middle Easterner
42. Established rules
43. Dr. ___, enemy of 007
44. Xe element
46. Uncommonly found things
48. San Francisco hill
50. Oral Hygiene Index
52. Layered Italian meal
54. Controlling party of Germany in the 30s
56. Drug, known as "X"
59. Certain trig function, abbr.
61. To clear one's throat, call attention
62. President's workplace
66. To breathe convulsively

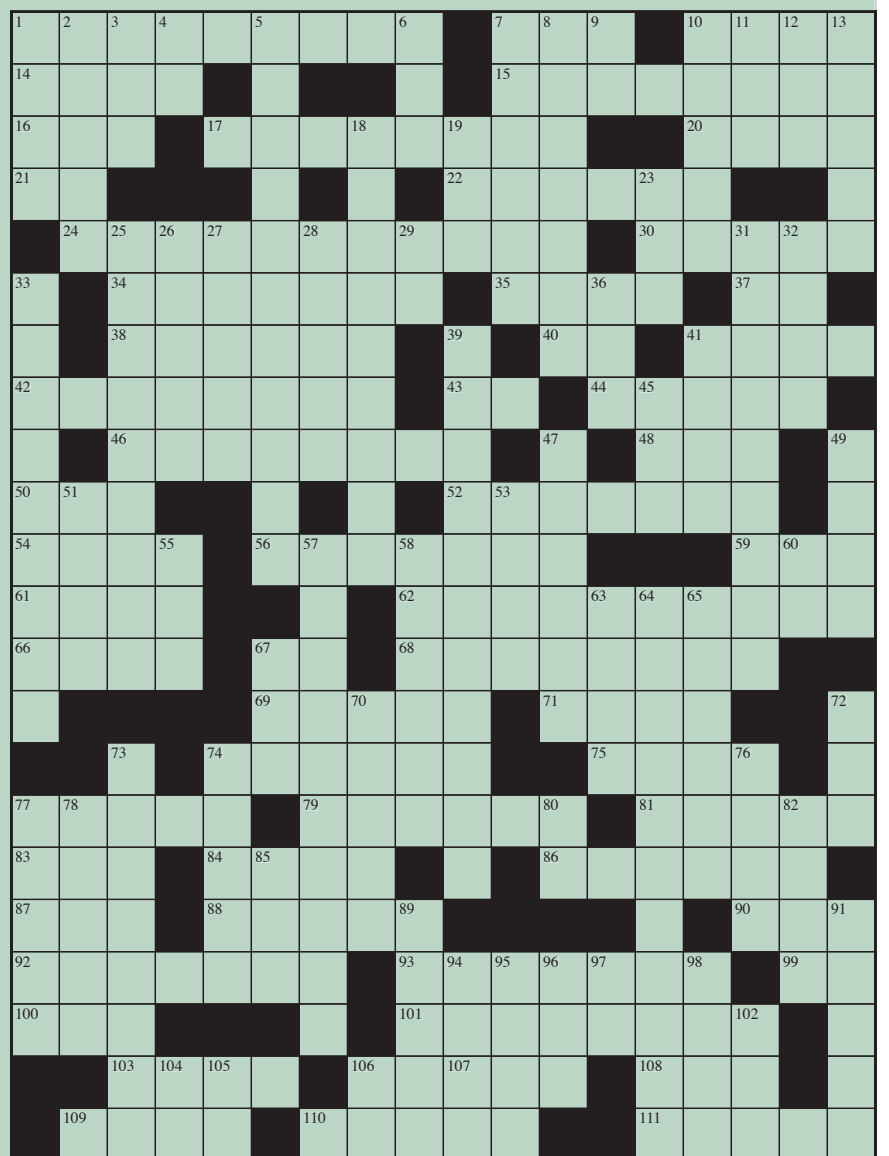
67. Vinyl record, abbr.
68. Certian Roman gov't
69. Addictive drug, from poppies
71. Low, sustained cry
74. Chilled desert, with chocolate
75. Sport Bas___l
77. Tan pant shade
79. Kitty cannibis
81. Swell
83. minus "C," undesirable holiday gift
84. Soda, before "Cola"
86. Children's game, teeter-totter
87. Civil War Pres, with 92-across
88. Three governments of German state of 19th and 20th century
90. "All ___ one, one ___ all"
92. see 87 across
93. Position closer to audience
99. Third in senior class, Michael
100. Assistant Technical Director
101. "Ain't No _____ High Enough"
103. As soon as possible
106. Birds' resting place
108. Spanish 'to be'
109. Site of Trojan War
110. Jolly
111. Dainty Crown

DOWN

1. Uniquely shaped fruit
2. Director George, of Star Wars
3. Point on a serve
4. In "that is"
5. Go to Long's to get this
6. Common sickness worse than the cold
7. Container for frozen water
8. Mustn't, spelled out
9. Popular rock band, ___DC
10. Old tree sap, used for jewelry
11. US basketball league
12. Electric sea creature
13. Car collision produces this
18. Unique name, with "corn"
19. Rock band, "___ Lonely Boys"
23. San Francisco airport
25. Speculates
26. Main artery
27. Bodily mass
28. Variety of wine grape
29. The second
31. Skilled in agility
32. Flatbread
33. Practice of spying
39. State of being a slave
41. Shakespearean "soon"
45. English, abbr.
47. Institution for mentally impaired
49. Common teenage skin problem
51. Laughter
53. 103-across
55. Mischievous child, or 'imperative' abbr.

57. Espresso beverage
58. You don't want metals
60. Air conditioning
63. Slender woodwind instrument
64. Astound
65. Stressful conclusion of school semester
67. British pot
70. Newton scientist
72. Tater ___
73. Tool for keeping schedules
74. Prefix meaning 'tiny'
76. Bread unit
77. Gray, fuzzy, tree creature
78. Mild behavioral

- addiction
80. Letter after-note
82. Absent without leave
85. Billy J ___ "For The Longest Time"
89. Funny people have it
91. Cuban dance
94. Lacking wealth
95. Variant of Susan
96. Explosives
97. S ___, with lots of bubbles
98. Farmer song, "___ O!"
102. National Rifle Association
104. ___ Cal
105. Yes, or acknowledgement
106. Reply, abbr.



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