

Pony Express

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Starbucks Wakes Up Apple Market

by Alex Randall



Today, Starbucks Coffee will open its fourth Novato location in the Apple Market shopping center. This ever-growing coffee shop chain, which plans to open 1300 locations across the nation in fiscal 2006, will inhibit the space that Lady Baltimore abandoned at the end of last year.

With coffee's immense popularity among high school students, and Starbucks' new proximity to the campus, the coffee joint can expect to enjoy much customer traffic. San Marin students will no longer have to drive downtown to enjoy a frappuccino during the school day. Java-loving Senior Jackie Kendall finds the close proximity of this new location to be quite beneficial, as "I won't be late to sixth period anymore."

While this opening is eagerly waited, coffee's eased availability may pose problems for the San Marin community. Not only will this Starbucks be frustratingly overcrowded, but because it is within walking distance of the campus, it will surely create caffeine addicts out of underclassmen.

"Apple Market's the place to go when you're an underclassman," states an anonymous sophomore, "I'd choose Starbucks over Mary's or Apple any day."

Through the impending wave of caffeine-highs or caffeine-lows, Starbucks Coffee's expansion into San Marin territory will have a fantastic impact on the coffee-drinking habits of local high schoolers.

Raining Music and Dance This Spring

by Katt Knecht

This spring, the San Marin music department is outdoing itself with its new musical "Singin' in the Rain." The story, set in 1927, follows movie stars Don Lockwood (Seniors



ful women jumping out of cakes, a lapdance, and real rain. Yes, the talented and under-rated techies of the music department are actually making it rain inside the student center.

Alex Randall and Justin Sousa) and Lina Lamont (Juniors Hannah Simon and Mariah Sheilds), who undergo a difficult transition from the silent movies they have starred in for years to the new "talkies" that are storming Hollywood. Unfortunately for both of them, she has a face perfect for the screen, but a voice that makes Gilbert Gottfried seem like Barry White, and a personality to match. This conundrum is eventually solved with the help of piano player, back-flipping sidekick Cosmo Brown (Sophomore Keith White and Freshmen Christian Stranne), and the lovely-voiced love interest to Don, Kathy Selden (Junior Jessica Apperson and Senior Natalie Earnst).

Besides an awesome cast, "Singin' in the Rain" features phenomenal tapdance numbers, beauti-

While Don, who dances through the rain with a costume-saving umbrella, stays dry, the first row or two might want to bring some rain gear. The orchestra also adds to the unseen ensemble that makes the show seem real. "This show is really interesting because there are so many different types of music; there's a lot of jazz, ragtime, and even a tango," says trumpet-player Nathan Ely. The show opens March 3rd and lasts two weekends, closing March 12th in the Student Center. Doug Williams summarizes, saying "I think it's going to be really good, everyone is working extremely hard on it, and everyone should come see it!" So, go see "Singin' in the Rain," and get a new perspective on the weather, which will help you through those spring showers with a little tap of the foot.

MySpace, Wikipedia and Pornography

by Michael Cusack

MySpace.com is the newest craze to hit teens at San Marin and across the country. But, how new is it? MySpace has been on the web for two and half years, and many San Marin students have been members for nearly that long.

The sudden interest in the social networking website stems from the sudden barrage of news articles about it. Thirty-two individual articles in the New York Times have mentioned MySpace in recent months, compared to just four a year ago. Unfortunately, much of the press has been negative, and MySpace's name has been blackened among parents and school officials across the country. In Superintendent Dr. Jan La Torre-Derby's monthly address to parents this month, she specifically named MySpace as a "restricted site" that we all must take seriously. Principal Loeta Anderson says that just recently both she and Novato Police Department officers have begun looking at student's profiles to try to solve cases.

How can one website be so evil? The simple answer is it's not. There's really very little to the website at all, it merely allows users to create their own page or "profile" within itself where they can post whatever they desire. If a user posts anything inappropriate, it is in violation of the site's Terms of Service and will usually be promptly removed. Interest-

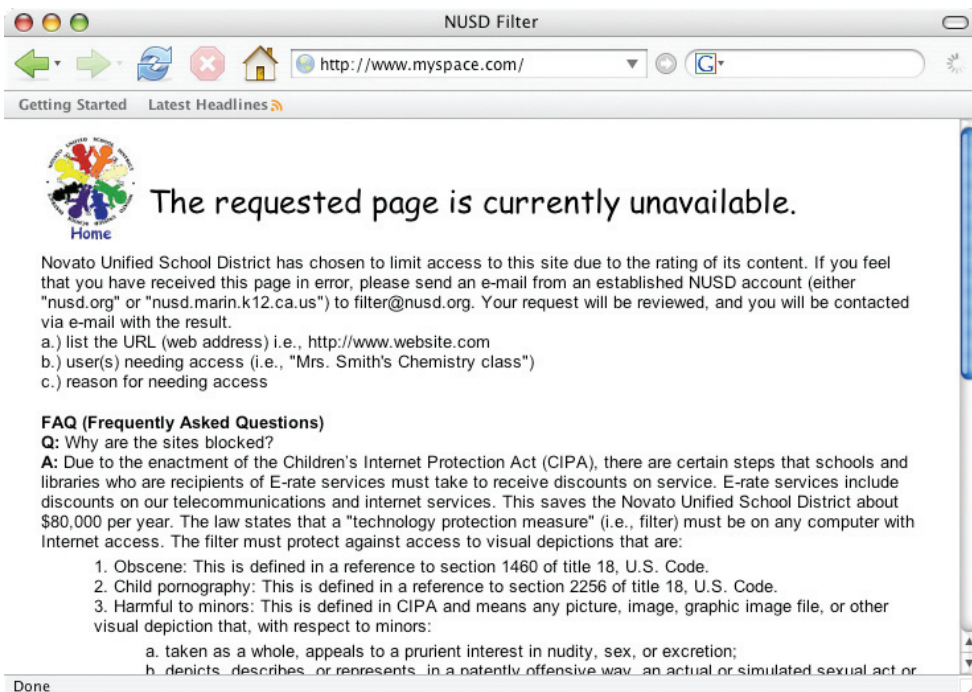
ingly, MySpace is actually owned by News Corporation, the same corporation that owns Fox News and other

this negative attention from school administrators, it has led to MySpace being added to the district's less than

been exposed to press recently).

Another topic in the Superintendent's newsletter was proxy use. A proxy is a computer that network traffic is routed through. In the case of the school district, it applies to computers outside of the district filter that internet access can be routed through, allowing access to an unfiltered version of the web. While Dr. Jan La Torre-Derby and Loeta Anderson have stated that they just recently learned about such practices, teachers in the Academy and others such as Paul Rilla, as well as IT staff at the district, have been combating proxies for years.

Previous procedure, after discovering a proxy being used, was to add it to the district filter, so it could no longer be used. This created a cat and mouse game where students were finding and creating new proxies as fast as they could be found and blocked by staff. Some teachers even tolerated proxy use within their realm as long as the students remained on the questionably blocked websites. Those days are over as a "crackdown" has now been initiated. Students discovered using a proxy will now be subject to suspension and face removal of computer privileges. The answer is now clear: if you want to look at something that's blocked at school, surf at home.



numerous media components across the nation.

It has become so popular recently that it was named #7 on Alexa Internet's list of top 500 English language websites. Reports state that students at San Marin have been bullied via MySpace have led to school officials seeing it in such a poor light. However, MySpace isn't the problem. Bullying can easily occur through email, postal mail, or in person.

Whatever the true cause of

exclusive list of "blocked" websites. The internet filter, which is mandated by California law, is meant to protect browsing students from viewing websites containing copyrighted, threatening or obscene material, pornography, gambling, and inappropriate language. Outside those headings, the filter also blocks some understandable websites such ones that contain downloadable games, as well as some less understandable ones such as Wikipedia, a free online encyclopedia (that has also

Winter Olympics

by Marco Perez

The Winter Olympics have developed a growing popularity over the years for their extreme, entertaining sports, and magnificent locations characterized by alpine views. Even though the first modern Olympics took place in Athens in 1892, it wasn't until the London Games of 1908 when the organizers incorporated the first winter sport, figure skating, to the international event. As the snow-related sports became more popular, Chamonix, France hosted the first official Winter Olympic Games in 1924. From then on, the winter event has captured the public attention every four years.

In their quest to find a location that would comprise the proper facilities, amazing views, and a picturesque culture, the organizers picked Torino, in Northern Italy, to host the 2006 Winter Olympics. This suburban city will welcome over 2,500 athletes, coming from 85 nations, over 10,000 reporters and billions of TV spectators from February 10 to February 26.

Athletes will compete in fifteen different disciplines, consisting of Biathlon, Bobsleigh, Cross-Country Skiing, Curling, Alpine Skiing, Skeleton, Free Style Skiing, Hockey, Luge, Nordic Combined, Short Track, Snow Board, Speed Skating, Ski Jumping and Figure Skating. The United States will participate with over 300 competitors in all the disciplines, looking for the precious gold medal.

As Torino prepares to be the world city for seventeen days, the city authorities have spent endless resources to create an impressive opening and closing ceremonies, taking place in the Stadio Olimpico. In addition authorities have prepared a series of cultural events including dancing, theater, food and drinking festivals, among others, to expose the Italian culture at its maximum.

Although the Olympics promote a cordial celebration of international relations and athletics, competition will always be a driving factor in the tradition.

Ariel Sharon

by Eric Eisberg

On January 4, Israel's prime minister Ariel Sharon suffered a massive stroke at his ranch in the Negev Desert. Sharon, once known as the hawk that founded the settler's movement, has recently been regarded as a moderate pragmatist in pursuit of peace for his disengagement from the Gaza strip. While all sides of the political spectrum in the Israeli and Arab worlds are debating his legacy, the peace process in Israel and Palestine faces an uncertain future.

Before his stroke, Sharon had formed a new political party,



Kadima, which will fill Israel's gap for a major moderate party. While it has never been explicitly stated, many outside observers believe that the eventual goal of Kadima is the unilateral disengagement from the West Bank, where the majority of the Palestinians live. This new party's prospects for success were dramatically damaged by Sharon's untimely exit from the political arena. Consequently, his party is already losing seats to left-wing Labor and right-wing Likud in a recent poll by Haaretz TV.

New Driving Laws

by Allison Arnheiter

When the clock struck midnight and rang in the new year of 2006, teenagers across California were hit with tougher vehicular laws, involving driving young passengers.

Before January 1, 2006, teens were unable to drive others under the age of 25 for the first six months. They also had to be off the road between the hours of midnight and 5 a.m. Yet, law has changed. Juniors seventeen year old Garrett O'Brian and seventeen year old Jimmy Pederson, who are

only a few weeks shy of completing their six months, were furious when they heard the news. "No one is going to listen to this new law, especially because we didn't even listen to the six months law," O'Brian said. "If the curfew is bumped up to 11PM, then it just means more teens will be driving illegally. Most teens have a curfew of midnight so why would we want to come home early?" said Pederson.

The purpose of the new law is to prevent collisions on the road.

Yet sixteen year-old Jocie Marcus disagrees, "Yes, teens get into accidents, but so do a lot of adults!" Even though, "adults" consist of drivers 21 and up. Drivers ages 16-20 are responsible for only 20% of the car accidents in a year.

The new law applies to both teens who have not yet received their driver's license and to those who have had their license for less than a year as of January 1, 2006. "This means that teens need to be aware that even

if they have already started driving young passengers because they earned a license at least six months ago, after January 1, 2006, they will be subject to a traffic violation if they carry underage passengers before their one year anniversary of obtaining," said Alice Bisno, the Auto Club's vice president for legislative affairs.

Is this driving law really going to make a difference in the number of accidents we face every year?

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If there was going to be a film about your life, who would you want to star as you?



Aine Minihane-"Jennifer Lopez because she looks like me."



Seth Ely-"Jon Heder (Napoleon Dynamite)" Enough said



Alex Tartour-"Angelina Jolie because she's a rebel."



David Greenhalgh-"Brad Pitt because he's seexxy!"



Jocie Marcus-"Jack Black with a long curly wig."



Sebastian Nguyen-"Speedy Gonzales because he's fast."



Melissa Corner-"Jennifer Garner because she's so ALIAS."



Ryan Kristensen-"Johnny Depp because the ladies love him."



Answering all your heart breakin', marriage proposin', Ms. Meier cravin' questions.

Q: What is the most elaborate proposal ever?

A: It is impossible to say the most elaborate ever, but this one comes close. A man and his girlfriend had been dating for two years. On their second anniversary, he had a private plane fly them to Paris, where they ate at a very nice restaurant. After, they walked to the Eiffel Tower, and at the top, there was a bouquet of roses on a marble pedestal. When the girlfriend found the ring in the bouquet, she turned around to see the man on one knee. Girls, I'm sorry if that melted your heart. Guys, I'm sorry that your girlfriends will never be satisfied anymore.

Q: Why doesn't Clint Potter have a girlfriend?

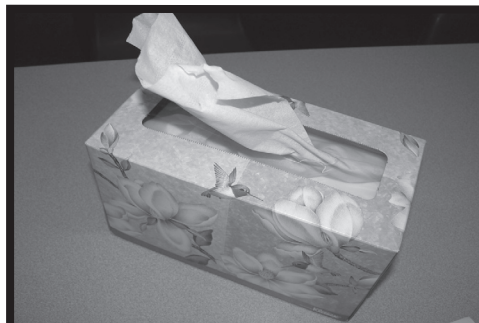
A: Nobody knows. Clint, the nature-loving camper man of the '06 class, was a homecoming King candidate. So what is the problem? Some think it is because he is simply too much man for one girl to handle. Others think he is in a love triangle with Halle Barry and that chick from "The Girl Next Door". Whichever way you slice it, there is plenty of Clint Potter to go around.

Q: What is the true meaning of love?

A: See the center spread and leave me alone.

Q: Who gets dumped more, guys or girls?

A: It depends. If a guy cheats on a girl, then the girl will dump him (probably), but it's the guy's fault. Or maybe the girl gets tired of the guy. Or maybe both. So the question should really be "Whose at fault more?" In which case it is: 37% of guys cheat compared to 20% of girls. Girls tend to want more stuff and get bored easier, while guys will want more variation with their significant other.



Random object sent to random person: Box of Kleenex to Caitlyn Carminati. Due to office confusion, box was received by Ms. Watson, who was thrilled.

Q: What is the sexiest food?

A:Burritos

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Great Shops in Your Own Backyard

by Katrina Richards

People in Novato are always complaining how there is never anything to do, and definitely no good malls or shops nearby. What they don't know is that Novato has several great places to spend their time and money along Grant Ave. No longer will people have to drive 35 minutes and burn precious gas to get a nice pair of jeans from the Village, a hard-to-find CD in Terra Linda, or new bindings for their snowboard in Tahoe. In reality, Novato isn't so bad with its shops in town.

Accents: Situated at 815-A Grant Ave., in Old Town Novato, it is a little-known boutique that accommodates all of your high-fashion needs. The boutique is located at the back of the Solarium store, which adds to its secrecy. Accents is a relatively new store that moved from Mill Valley to Novato. It's

popularity has been growing because of its amazing stock of designer denim. With well-known names such as Rock and Republic, Seven for All Mankind, Citizens of Humanity, and True Religion, Accents represents a new place to get a great pair of jeans for an even more amazing price. As Accents merchandise is easy on the eyes as well as the wallet, a visit there is a must on any girl's to-do list.

Watts Music: For people without iTunes, buying a new CD is usually difficult. However, with Watts Music on Grant Ave., anyone can now get well-known CD or even one from some absurd band no one's ever heard of, whenever wanted. Providing a wide range of CDs from modern alternative to old-school jazz and reggae, Watts has everything on both of your parent's lists. The store also carries music DVDs, such as

the Warped Tour compellation DVD, and the new Rolling Stones DVD collection. Also, if the store doesn't have what you're looking for, you can order it. With reasonable CD prices, you can't go wrong with Watts.

Old Town Sports: Currently the place to go for all your snowboarding and skiing needs, Old Town Sports has you covered for last-minute board specs and whatever else you can possibly think of. With a great selection of snowboards (including the ever popular Burton), bindings, boots, and anything you need to get you ready for to the slopes, Old Town makes it easy to shop for what you need to pursue your dreams of becoming a professional snowboarder. With a helpful and well-knowledgeable staff, finding what you need and getting answers to equipment questions will never be difficult again.

Luckie's Skate Shop: Serving to all skating needs, Luckie's is a favorite of skaters and pretty much everyone alike. Owned by Lost snow skate team rider Noah Salaznek, the shop's been around for a while and has always been a huge success in Novato. The store carries everything from skateboard decks to NorCal clothing. Not only does it carry great clothing for guys, but it also carries some pretty awesome stuff for girls as well. Top names include Element, Lost, Volcom, and Etnies.

If you walk or drive down Grant Ave., you will be able to find more great stores not mentioned that succumb to your every need. From offering scrap booking materials to twelve-pound burritos, Novato is a secretly shop-a-holic heaven. So get your money ready and browse at what your city has to offer.

Lanaea

by Hilary Johnson



For years, the Advanced San Marin Drama class has been participating in the West Coast drama festival called Lanaea. Students sing and perform one-act plays, scenes, and monologues. This year the Advanced Drama class performed '11 Variations of Friar John's Failure', a comedy by the young playwright Yuri Baranovsky.

The drama teacher at San Marin, Mrs. K, discovered this one-act play through a former student. After finishing the fall play 'I Remember Mama' in November, the Advanced Drama class started rehearsal for '11 Variations of Friar John's Failure'. The play features Seniors Erik Sorensen, Melissa Corner, and Jeff McLaughlin, and student directors Alex Randall and Brandon Hoberg.

The Lanaea Drama Festival was held on the last weekend of January at Sacramento State University. High schools from the West Coast came to this festival to compete in front of judges, who gave them constructive criticism and scores based on the students' performances.

This year at Lanaea, Seniors Alison Greggor and Alex Randall won the silver for their performances in the play 'My Friend Never Said Goodbye'. Seniors Stacy Boven and Alex Whittlesey won most improved in the scenes category, and Senior Chris Gomez won most improved in the monologue category. In addition Sophomore Keith White won the bronze in musical singing.

Final Installment from Latvia

by Clifton Bachmeier

Dear San Marin High School, I have been back home for a few weeks now, as probably most of you know. The welcoming I have received from everyone back at school has been super. Thank you all very much for all of your support and interest.

M a n y people have asked how it was to live in Latvia. The answer is hard to put into a few sentences and gain total satisfaction with such a reply. People would ask, "Was it cold?" "How was the food?" "What do you think about the Latvian girls?" "How was your family?" "How were the schools?" I said it was usually quite cold, usually freezing from mid-autumn on. The food was not very good or at least varied from ours. My host family was fine, schools were usually boring, and Latvian girls in general were quite different from girls in California.

The simplest answer about my experience in Latvia is what AFS told us, exchange students, before we left New York to Europe: "where we will go is not going to be better or worse,



Clif's class at the school he attended in Rezekne, Latvia.

it will just be different."

Latvia is very different, compared to where we live. I can't say that Latvia is a great place to live. No, Latvia doesn't have the best standards of living or opportunities that are available in California. In Latvia, luxuries aren't even considerations. Our definition for luxury is very different.

But the rewards of this experience are great. In life, where all things are based on perspective and each person's conscience, taking the opportunity to travel and to become part of other societies is one experience that can never be matched by anything else. In addition, going with AFS was

an even greater way to travel. I was able to learn a lot about Thai, German, Belgium, and Kiwi cultures by living so closely with other foreign exchange students from AFS and from around the world. But the growing experience, friendships, and the changes of perspectives are what made this experience and traveling special in general. By

providing me with new broader perspectives on life and the world, and by getting away from the way we are all programmed here in the United States, living in the world of totally different perspectives and morals, I grew as a person, becoming more mature.

Anyway, I hope that these newspaper articles have brought at least the slightest knowledge or interest about our world to the San Marin community. This will be the completion of my reports on this excursion.

I wish you all great luck on your voyage through life!

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Cures to Cabin Fever

by Paul Himmelstein

Unfortunately for all people who travel to Tahoe, the slopes are only open so long. Most of the time not spent skiing or snowboarding is spent holed up in a cabin, doing nothing except waiting for the next day. If this is you, you are miserably uncreative. There are plenty of activities at the tips of your frost-bitten fingertips, if pacing through a hovel seems to be the only option.

Assuming you aren't snowed in, you can always tackle the task of building a snowman, which takes way longer in real life than cartoons. The great thing about a snowman is that, weather pending, it will be there for a good week or so. You can even make it a wife if you really want to.

Snowball fights are an excellent way to expel any pent up energy in your body. Thirty minutes of preparation are required for fort building, stockpiling, and impregnating your snowballs with icicles (for extra firepower). After both sides are ready, rain the chilled powder fury down upon your opponent. Tip: Get snow down their pants, it's terrible.

Now, if you are unfortunate enough to be snowed in, you had better be prepared. In the board games department, stick to the classics. Monopoly is fun with more than

four people, although you can only take so much, "Haha, you landed on boardwalk," before you want to tear your neighbor's face off. For slightly less tedious entertainment, Sorry is always a good way to take out your built up aggression on little bits of plastic. And if most of your company can spell relatively well, Scrabble is another great way to pass the time. After all, words are fun.

If you don't want to hassle with the setup and cleanup of a board game, an infinite amount of fun can be found in a 52-card deck. Bluff out your dad in the many varieties of poker, or be like Bond and try to win at baccarat, (sorry, no Pussy Galore for you though).

If you are lucky enough to have your electricity on during a snowstorm, watching a movie with your family is always relaxing. Depending on how young your siblings are, you can watch anything from Aladdin to the Godfather to Bloodsucking Zombies from Hell: The Feast.

Lastly, what better way to wrap up a long, cold day than with hot chocolate and s'mores. They are the perfect end to hours of galavanting in a freezing wasteland, and will easily prepare you for a nice, comfortable sleep.

Keeping Safe in Snow

by James Gramalia

Tires locking. Wheels spinning. Car sliding. Black ice. Freezing temperatures. These are some of the tough and scary parts of winter driving. The following tips may help you avoid a crash next time you get behind the wheel on the way to Tahoe or Mammoth.

Before taking off on your trip, check your battery, tire pressure, antifreeze, and brakes. Also, throw in some jumper cables, a bag of salt, and tire chains in case of an emergency. Put all of these next to your snowboard and box of pop tarts the night before, so you won't forget in the early morning.

To get a feel for your snowy and icy driving, practice in a large open parking lot. Simulate all of the situations that you may go through, so you are thoroughly prepared.

Drive slower on traffic filled roads, and keep three times as much room between you and the car in front of you. It takes longer to brake in the snow, and the car may skid forward or possibly slide on black ice. So, it is best to play it safe.

Let the transmission help you stay in low gears for better traction. Also, try to remain in the tracks of other cars, as your rubber tires grip asphalt better than they grip snow. Fit your car with snow or all weather/terrain tires to ensure proper tread for the winter conditions. Bring along tires chains too, just in case the roads are so poor that you need the

extra traction.

Remember to keep the cruise control turned off, because the abnormal road conditions throw off the programmed settings. If the car begins to hydroplane or skid with the cruise control turned on, it would keep accelerating to make up for the lack of movement, resulting in an uncontrollable burst of speed.

If your rear wheels lose traction and you begin to skid, slowly take your foot off the accelerator and aim your tires in the direction you want your car to go. The car will ultimately end up back on the right path. Make sure not to overcorrect, though, as it may send your car spinning in the other direction. While correcting, keep the brakes on steadily, but not too hard, as it will shift the weight to the front of the car, inducing a spinout.

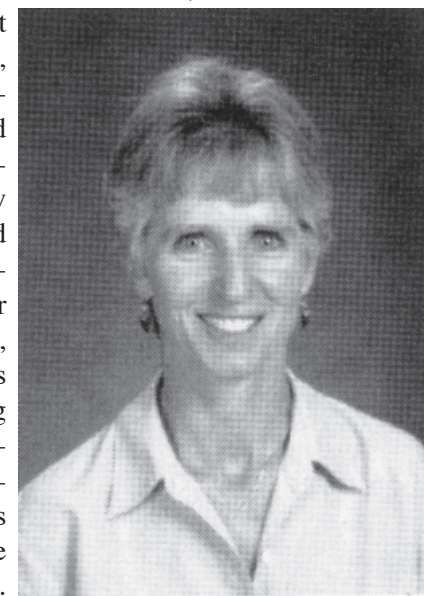
Lastly, if your tires get stuck somewhere, and you need to know how to dig yourself out of that ditch, figuratively and literally, flooring it will only dig the hole deeper. So, try to gently accelerate forward. Pour salt on the snow around your tires to melt it, then lightly ease your way out.

Driving in the snow is dangerous and tedious. Only through proper preparation and application of knowledge will you ensure the safety of yourself, your passengers, and the drivers around you.

A Superb Teacher

by Marco Perez

On January 9, 2006, after celebrating the end-of-the-year festivities, the psychotherapist and San Marin Psychology teacher Deborah Standish passed away. On January 5, after five idyllic days in New Zealand, where, according to her Aunt Margaret, "she ran like a deer around the lake [Tarawera]," she suddenly suffered a progressive health deterioration. Encountering pneumonia, a previously undetected cancer and ending with a fatal massive stroke,



Mrs. Standish left behind her husband, daughters, innumerable friends and invaluable life lessons. Although New Zealand, the land she was born in, witnessed the last glitter of her life extinguish, Deborah Standish's zestful and caring spirit will keep radiating in the existences and memories of all those whose lives she moved.

Entering San Marin as an instructional aide, then teaching the ELD, sheltered Economics and Government classes, and later becoming the Psychology teacher, Mrs. Standish had the willingness to innovate, and the eagerness to teach. Senior Jessica Bousquette remembers her as "a person with an extraordinarily bubbly personality, brilliant smile and enthusiasm for life;" an enthusiasm she always impregnated in her students. Moreover, rather than just being a conventional, lecturing teacher, Deborah Standish tried to connect with her students, offering them "a uniquely safe atmosphere, emphasizing the traits of respect and trust, making students

comfortable sharing their opinions and emotions," expressed Senior Nicole Domecus. Pursuing her desire to create a better school environment for her students, Mrs. Standish, according to former San Marin student Marcelia Mendiola, "was always at the District promoting the rights of all students, especially those of the ELD kids," whom she supported until the end. Deborah Standish, a true believer, a superb teacher.

Likewise, Mrs. Standish also impacted the lives of her friends and co-workers. Instructional aide Cecilia Schwindt described her as the one who "propelled me to continue studying and aim for higher goals. Thanks to her I graduated from College of Marin, and am pursuing my degree in psychology at Dominican University. She was an inspiration." As Mrs. Standish went through life, her ultimate goal was helping others. "She was the antonym of ego, always caring and smiling," affirmed Principal Loeta Anderson.

Peeking at the notes posted by students in Mrs. Standish's classroom after her death, one can get a sense of her greatness as a teacher and person. "More than a teacher, you were my mentor and friend," one note expressed. As San Marin commemorates the first month of the decease of Mrs. Standish, her memory, enthusiasm and desire to help will never be forgotten. Deborah Lawlor-Standish, Rest In Peace.

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

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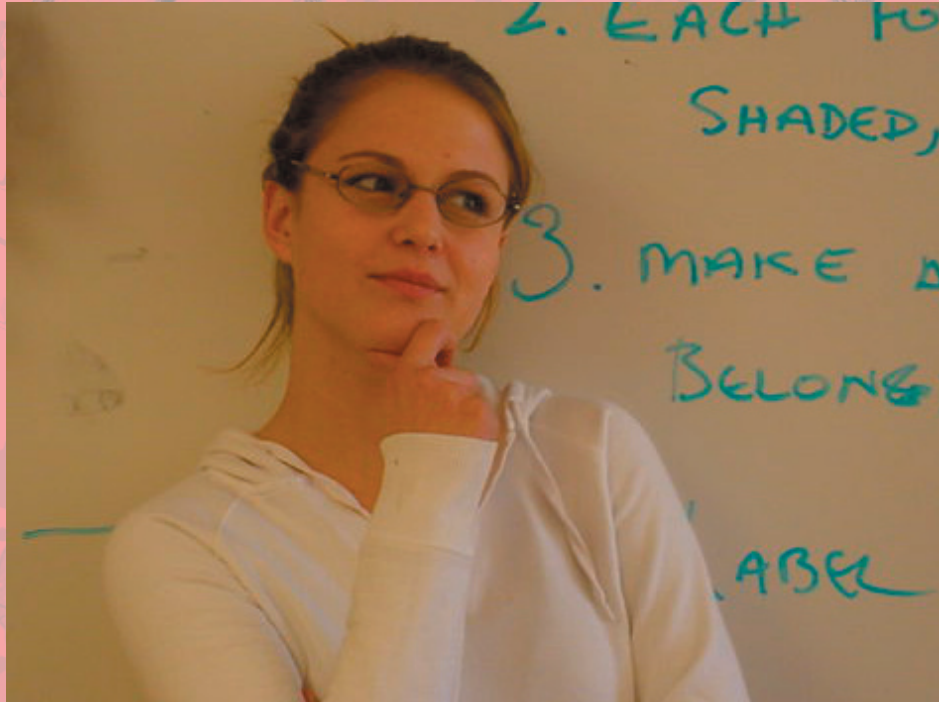
Dating Profiles

Collected by Miquelle Bagley



Freshmen Richard and Lawrence Alvarado
Date of Births: September 2nd, 1991
Sign: Virgo
Height: 5'2"
Hair/eye color: Brown/brown
Personal Object(s) You Can't Live Without: My Twin
Quote: *Lawrence*- "A true person is guided by true feelings of love."
Richard- "I can only reach as far as my eyes can see, and I can only think as far as my mind can go."
What They're Looking For in a Girl: Someone who looks at others with respect and compassion, and who has more than just a pretty face.

These sweet soon-to-be sophomore twins have more emotional depth than the Mariana Trench. Standing at five feet two inches, they tower over all of us with emotional maturity. Both citing their mother as their hero, it's obvious they have a lot of heart. But fear not ladies! Under all of the sensitivity there are two boys-boys. With Lawrence playing football and wrestling, and Richard being a soccer connoisseur...the girls on the staff are in love.



Sophomore Meredith Mixer
Date of Birth: January 11th, 1990
Sign: Capricorn
Height: 5' 9"
Hair/eye color: Blondish-brown/Green
Personal Object She Couldn't Live Without: My pocket encyclopedia and word of the day calendar.
Quote: "Wait...I'm Confused?"
What She's Looking For in a Guy: "Two words, Andrew Swig."

She's a smart and sexy sophomore seeking to play chess and hold intellectual conversations with a sweet senior. The statuesque lacrosse and tennis player has big goals for after high school (Stanford, anyone?) So ambitiousness is a must. Boys with an IQ lower than 150 need not apply.



Junior Mallory Petty
Date of Birth: June 15th, 1989
Sign: Gemini
Height: 5 '4"
Hair/eye color: Brown/brown
Personal Object She Couldn't Live Without: Her roofies. They are perks to working near hot boys coffee.
Quote: "I'll tell ya what I want, what I really really want."
What She's Looking For in a Guy: "Someone who likes me for me, and not the perfect arch in my right foot."

If quirkiness is your biggest turn-on, this smokin' junior is just for you. Stating her interests as using her non-arachnophobia to catch spiders, Mallory is the epitome of "unique." As one of the "Massimo Mama's", she's just as hot as the coffee she serves.



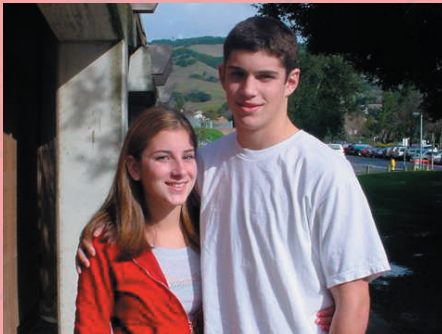
Senior Martin Kilgariff
Date of Birth: January 6th, 1988
Sign: Capricorn
Height: 6'3"
Hair/eye color: Brown/green
Personal Object Couldn't Live Without: iPod
Quote: "You can't rip what's already torn."
What He's Looking For in a Girl: Someone under five feet tall, red hair, a good cook, gotta have a cool name, and have to run under a 5 second 40-yard dash.

One savagely, sexy senior, seeking a soul mate. An avid parasailer, and a first-base man for our own baseball team, Martin needs a girl that's able to keep up with his active lifestyle. As his life-goal being to appear on the MTV show "Next", big-things are in store for this guy. His favorite food is Altoids, and he speaks fluent Vietnamese. You may have heard of his famous "bowling ball calves" but look beyond the enormous legs, and into the sensitive soul inside.

What is your most romantic story?



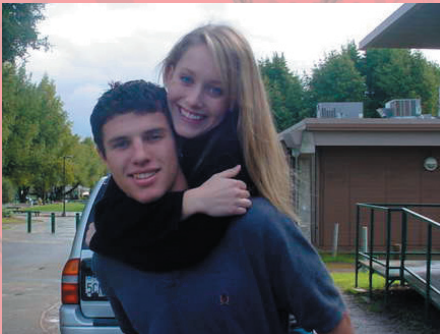
Sophomores- Bana Mullholland and Will Rushton. "When I was sick, Will brought me soup and flowers, and spent the night in a sleeping bag on the floor."



Juniors- Christina Crivello and Vinnie Pacchetti. "For Christmas, Vinnie pretended he forgot to get me a present. Just when I was about to really freak out, he surprised me with chocolate and a gorgeous bracelet."



Seniors- Angela Olmanson and Billy Nicolini. "Whenever Billy and I are together, we lay out a blanket and look at the stars. We have shooting star counting competitions, and most of the time, we get pretty competitive."



Seniors- Kristen Jones and Taylor Jones. "Homecoming. Enough said"

The Science of Matchmaking

by Yuekai Sun

Twenty years ago, matchmaking services were restricted to a matchmaker, who interviewed singles and paired them off based on his or her personal judgment. With the advent of the Internet, dating websites have cropped up all over cyberspace.

Some matchmaking websites use very simple processes to come up with results. Each user creates a profile with a list of their physical characteristics and interests. Each user also specifies what they desire in a match. The computer program then processes the data and comes up with a list of matches based on how well two profiles "match". The more attributes they have in common, the higher the match percentage will be. Some sites allow each user to specify how important each attribute is.

Other matchmaking services are more complex. eHarmony.com, for example, uses "29 key dimensions that help predict compatibility and the potential for relationship success." This site uses closely guarded, secret algorithms based on years of study and research to match users.

Accurate facts and figures regarding online matchmaking services are difficult to come by, as the websites tend to inflate their membership numbers and success rates. FriendFinder.com claims over 9 million members. Eharmony.com reports 10,000 to 15,000 new users every day, with more than 6,000 marriages to its credit. Regardless of the success rate, it is certain that huge numbers of singles are using online matchmaking services.

The Scientific Meaning of Love

by Alex Randall

To many teenagers, love is a very special feeling one person has for another. It is a sense of connection that can, at times, seem magical. However, love is not so mysterious. Similar to other human emotions, it has a scientific origin, developing in three stages: lust, attraction, and attachment.

While it is a very powerful and sometimes overwhelming feeling, lust does not always have a target individual associated with it. It is caused by the male hormone testosterone and the female hormone estrogen, both which chemically promote promiscuous behavior. Teenagers in particular often fall victim to "being horny," as both maturation and social situation act as catalysts, tending to encourage sexual activity. During this stage, the affected individual does not yet have a certain person they wish to woo. As soon as that premise is acquired, however, lust transforms into attraction.

The stage of attraction revolves around the process of "falling in love." It is primarily directed by chemicals known as pheromones, which, according to the Athena Institute of Science, are "naturally occurring substances the fertile body excretes externally, conveying an airborne message to trigger a response from the opposite sex." In other words, pheromones are the basis of "turn-ons." The types of pheromones that arouse vary from individual to individual, explaining why two people might have "different tastes" in others. Sufficient exposure to appropriate pheromones can stimulate certain neurotransmitters, known as monoamines, that include dopamine, norepinephrine, and serotonin. Dopamine's addictiveness,

Love Through Time

by Marco Perez and Yuekai Sun

Have you ever wondered why the trip taken by a newly married couple is called a honeymoon? Have you wondered whether Englishmen actually followed the strange love customs portrayed in Victorian novels? Do you know how other cultures celebrated love?

Many love customs familiar to us originated in Europe. In ancient France, couples traditionally drank a brew made of honey as the moon went through all its phases; a custom that later developed into the honeymoon. Exceedingly popular during Christmas, the tradition of kissing under the mistletoe came from the Viking association of the plant with the goddess of love. As a matter of fact, the proper mistletoe etiquette is for the man to remove one berry from the plant when he kisses her. When all the berries are gone, the kissing under the plant should be relocated.

Moving to weddings customs, the tradition of the "best man" originated in medieval Germany, where it was sometimes necessary for a man to kidnap his bride. To aid with the abduction and distract any belligerent relatives, the groom would ask the help of his best friend (his best man). Similarly, no modern wedding would be complete without the groom carrying his new bride over the threshold of their new house. The Western European custom stated that if the bride stumbles on the threshold, bad luck will plague the marriage. Therefore, successfully carrying the bride represents the romantic solution.

In a less known fashion, in Nordic countries, a normal father would offer his daughters to suitors by putting an empty sheath on their belts. If a girl accepted her suitor, she would come home with a knife on her sheath, as a sign for her progenitor of her engagement. As a Welsh tradition, a man in love would send ornately carved spoons, known as lovespoons, to his darling, implying different meanings: an anchor meaning a "desire to settle down" or a vine as a sign of "growing love." In old England, a marriage-looking gentleman would send a pair of gloves to his true love. If the woman wore the gloves to church on Sunday, he would know her acceptance of his proposal.

Beyond the "hallmark" euphoria of recent years, many ancient customs have prevailed through the years, still uniting the tenuous thread of the past and present true meaning of love.

similarly activated by cocaine and nicotine, causes difficulty in letting feelings of love pass. Norepinephrine, also known as adrenaline, is the direct cause of such symptoms of attraction as sweaty palms and a racing heart. Serotonin may be even more essential to enamoration that then other two combined, as it is the source of the common "love-struck" feeling, so powerful that it can drive people temporarily insane. Once a state of love has been reached, the maintenance of this condition is also partially hormonal.

Attachment, the ultimate state of a relationship, can last lifetimes. It involves becoming totally accustomed to a partner's mannerisms, solidifying a bond no longer easily broken. One of the only known chemicals associated with this stage is oxytocin, a chemical released by the hypothalamus gland by both men and women during sex. Scientists believe that the production of this chemical strengthens relationships, as the same chemical determines the bond between mother and child. As the average teenage relationship nowadays lasts only three or four months, this lasting stage is not often experienced by youthful romantics.

No matter how complex or incomprehensible the scientific origins of love seem to be, a simple truth remains- love helps our species to survive. Relationships are much more likely to result in reproduction if as strong of a bond as love is established between the parties. Without this "chemistry" that exists in human relations, the human race could not love, nor live.

Top Fifteen Love Songs

15. Is it Love-Bob Marley

14. How Deep is Your Love-The BeeGees

13. Just the Way You Are-Billy Joel

12. God Only Knows-The Beach Boys

11. Oh My Love-John Lennon

10. You Are So Beautiful-Joe Cocker

9. Let's Get it On-Marvin Gaye

8. If I Fell-The Beatles

7. Unchained Melody-The Righteous Brothers

6. Baby I Love Your Way-Peter Frampton

5. Have I Told You Lately-Van Morrison

4. The Way You Look Tonight-Frank Sinatra

3. At Last-Etta James

2. When a Man Loves a Woman-Percy Sledge

1. Can't Help Falling in Love-Elvis Presley

Last Minute Valentine Gifts

by Paul Himmelstein

Let us assume that you have joined the countless individuals who neglected to get a present for their significant other. Also, let us assume that you lack the creative ability to think of an idea on your own. Luckily for you, you have the internet, which means you're on your own on this one.

Just kidding. Any way, going back to devilishly creative gifts for your partner, whichever way you swing, these gifts are 85% guaranteed to get back on top of your partner's good side... emotionally.

Rings- Stereotypical, yet always appreciated, rings are the ideal "I care about you" gift. There are two ways to quickly obtain a ring for V-day. If you have a bit of cash, make a run to one of those cheap jewelry stores, like Claire's, and buy a lovely hunk of Cubic Zirconium. If you have no means of fast travel or are completely broke (hello freshmen), you can get creative in your very own home.

Arts and Crafts time- Get some tin foil, smooth it out on a clean surface, and fold it around your finger. Put a pretty little flower there, and hope your girl/boy appreciates the thought.

Necklaces- Slightly more varied than rings, necklaces come in many shapes and sizes: long and beaded, short with a pendant, or even constricting to make you look submissive. For a quick gift, the chain and pendant are always easy choices, especially if containing a picture of the two of you inside.

Arts and Crafts- Broke? Take some string, and put dried macaroni noodles on it. (Or beads, or little letter beads that spell out your partner's name). Anyway you do it, you better

have a poem explaining why you opted for the 1st grade art project.

Clothes- Don't buy girls clothes, period. You get a shirt that's too big, and they will assume that you think they're fat. Guys aren't as picky/insane. So a sweatshirt, shirt, or themed underwear is always appreciated.

Arts and Crafts- Knit a scarf! It's all the rage.

Flowers- If you think you can get away with just flowers, think again. Take the person out to dinner, a picnic, or a hike, where you will pull something awesome out of a tree, because flowers don't cut it on their own.

Chocolate- The key to a woman's heart. Not much of a guy-present, but chocolate to a girl is like catnip to a... cat. To finish the gesture off, have a romantic card at the bottom of the box. So, when she is done stuffing her face she can feel a warmth that only comes from a lovin' feelin'.

Be a chef!- Last year, a guy made his girl chocolate mousse, which was delicious. Needless to say, that earned him some brownie points for later in the day.

Gift Certificates- No. Unless you are finding some excuse to end the relationship, steer clear of gift certificates. If you already bought one before reading this, see the "Arts and Crafts" section, you poor soul.

Valentine's Day is a celebration of love and romance. It is also an opportunity for the procrastinators of the school (a majority) to put things off, make excuses, and create cheesy poems. If all else fails, however, you can always move to Istanbul. They don't have saints over there.

Date Blunders

by Allison Arnheiter

Uh-Oh!
I went to one of the many raves in my town during New Year's Eve of 2004 and I met a guy named Ben. We hung out all night dancing, making out you know that sort of thing...so, by the end of the night we were totally digging each other.

Ben and I decided to go on a second date to the movies about three days later. I quickly got ready and ran out to the waiting taxi to meet Ben.

The taxi dropped me off and I saw Ben on the corner with a group of his friends, so I walked over in the sexiest way possible... Ben's friends burst out laughing, and Ben stood there with his mouth wide open in shock, turning red from embarrassment. It turns out I was in such a hurry that I forgot to take the curlers out of my hair. Let's just say, Ben hasn't been in a real hurry to take me to the movies again.

The Bra-Shattering Experience!

Thanksgiving break started off really well. I went home from college to find that the guy I really liked was home. We'll call him Mike. He asked me on a date and I was pumped! We went to a dance and then stayed out really late. Before I left his house, he asked if I would like to come back the next day to go horseback riding. Of course I did! As we were horseback riding, my horse got spooked and started bucking. I don't mean little crow hops, I mean full out bucking!! Needles to say I was thrown off, hitting the ground with a big thud and a gasp. I had the wind knocked out of me. Mike grabbed the horse that had thrown me and hopped on, running him hard. I was still lying on the ground because Mike had told me not to move and just catch my breath. I started to breath normally again, sat up and realized my bra was un-hooked. It was one of the kinds that hooks in the front. So, I thought I would just hook it back together. As I was reaching for the hook, it fell to the ground and completely shattered. I was stranded there bra-less. I had to take the bra off, but what to do with it? It wouldn't fit in my pocket. I'm more "endowed" than that! Looking around, all I could see was endless hills and mountains. I had no idea what to do! So, I buried it. I buried my bra on his property. He came back and said the horse should be better. So, I hopped on and he asked if I wanted to race him back. Being bra-less, and on a horse, I simply declined. But Mike never found out.

You know it's time to end the date when....

I meet this guy when I worked in a music store in the mall. Most of the guys around my town don't dress too well, so his style impresses me. It is kind of 50's style (shiny shoes, slick hair like the Fonz, etc.). Anyway, he asks me out and I agree. He picks me up in his old school El Camino and the whole way to the theater, he's playing oldies. I begin to notice a pattern. We leave the movies and he asks if I want to grab a bite to eat. I say yes. He says, "I know the best place in town," and takes me to a fifties diner! As we're looking at the menu, he says, "This place has the worst food!" And I ask, "Then WHY did you take me here?" and he replies, "Because, they have the best jukebox in town. Where have YOU been?" I said, "The nineties!" If that's not enough, we get back in his car, he starts trying to do some heavy duty tonsil hockey, which was a bad idea at this point, and he gets on top of me, looks psychotically into my eyes and says, "I want to chop your head off and mount it on my wall!" Needless to say, the date was over. It's like my momma used to always say: "When your date threatens to sever body parts, it's time to go home."

A True Spitter

Arriving at the movies for my very first blind date, I finally saw my date. I broke the ice and we sat down for the movie. We talked until the movie began. We definitely weren't clicking from the start. While focused on the movie, I felt something wet and notice little water spots on my leg. I casually wiped them away, thinking the ceiling was leaking. It continuously happened until he gleeked and hit me right on the face! Looking over at him, realizing it had been him the entire time, I wiped the spit off my face and ran out of the movie screaming: "That's so gross!" I ended up hiding in the bathroom until the movie was over.

Datecrasher

My close friend introduced me to one of his friends, who attended another school. As I started talking to him, he seemed like a pretty cool guy. One day, he asked me if I wanted to hang out with him after his cross-country meet. His school was racing SM, so he would already be in Novato and would be able to swing by and pick me up.

We ended up seeing a movie. Then, he said that we should go get some ice cream at a shop in Fairfax. I said sure, not wanting to be mean or anything, though I am not a big fan of ice cream. Because he knew how to get there, he tried to give me directions while I was driving. Well, we ended up taking a detour through central San Rafael. I was so distracted by him talking that I ran a red light and hit a car. I started panicking and crying in hysterics. I got out of my car to deal with the car I hit, exchanged all of our paper work, and by this time all I wanted to do was go home. So, I brought my date home and that was that.

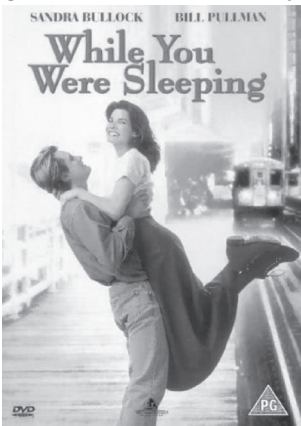
To tell the truth, I am glad I got in the accident because it made it easy to end the date. No offense to this guy, but he wasn't worth getting in an accident for.

Romantic Date Movies

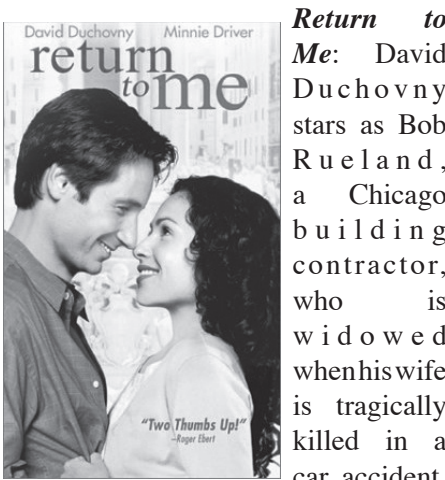
by Alaina Gutfeld

Are you looking for a romantic movie that you can watch with someone other than your friends? A romantic movie is the perfect way to spend the night with your counterpart and leave you all fuzzy inside. Although some of these movies are typical and cliché, the undeniable feeling of companionship leaves both of you feeling like it's a "special" occasion. Remember to have a couple of these movies on hand, and throw in a horror movie in the stack just in case these flicks don't have you two cuddling on the couch.

While You Were Sleeping: In this heartwarming romantic comedy Sandra Bullock stars as Lucy, a lonely, single subway tollbooth worker. She watches a very handsome man, Peter Callaghan (played by Peter Gallagher), go past her booth everyday, and dreams of meeting him. Fate intervenes in the form of an accident as Peter is pushed onto the subway tracks, and knocked unconscious. Lucy rescues him from the oncoming train, and by doing so, sets off a chain of misunderstandings, starting with the hospital staff, and eventually including Peter's family, who starts to believe that she is his fiancée as well as his savior. Lucy has lost her own family and is instantly warmly embraced by Peter's. Their ready acceptance makes her believe she's found the part of her that was missing, a family. Lucy finds herself torn between telling them the truth and keeping up the charade to remain part of the Callaghan clan. Matters are further complicated as Peter lies in a coma, while Lucy begins to fall in love with his brother Jack (Bill Pullman). This movie will leave you wanting to watch it again and again



with your love, and oddly craving for a subway sandwich.



Return to Me: David Duchovny stars as Bob Rueland, a Chicago building contractor, who is widowed when his wife is tragically killed in a car accident.

Minnie Driver plays Grace Briggs, a woman with a life-threatening heart problem overcame by receiving a donor heart. Grace's friends and family are overjoyed with her recovery and ecstatic about fixing her up with Bob. Little does anyone know that Grace's new heart is that of Bob's deceased wife.

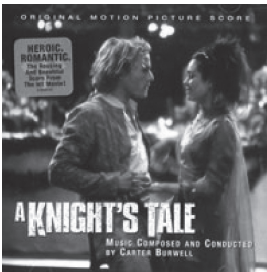
The movie is a heartwarming tale of love and fate. Duchovny and Driver are wonderful as a couple, whose lives intertwine dramatically. David Alan Grier plays the role of Bob's best friend so well that you wish you had a friend like him. The rest of the supporting cast creates a feeling of warmth and love that transcends their co-starring roles. This is one film that will leave you with a smile on your face and feeling warm and fuzzy. It's truly a romantic comedy straight from the heart.

Bull Durham: You won't find better pick-up lines than in this baseball love story. Kevin Costner teams with Susan Sarandon and Tim Robbins in this highly entertaining, romantic film that men and women will equally enjoy.



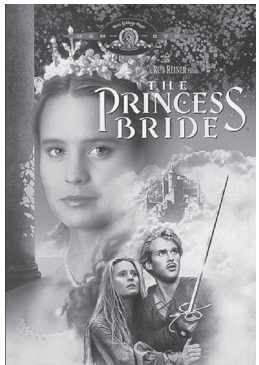
Perfect for those guys who can handle the most little bit of a chick flick and a great blend of romantic bliss and baseball.

A Knights Tale: In the Middle Ages, before television or professional sports, there was only one form of competition that separated the men from the boys: jousting tournaments. William Thatcher (Heath Ledger), a poor and humble squire, has always dreamed of proving himself worthy as a knight. When he gets a lucky chance, seeing an opportunity to disguise himself in the identity of a knight, William decides to maintain the illusion for as long as possible. He is aided by his friends Wat, Roland, and Geoffrey Chaucer, a writer with a knack for forging official papers. Under his new title, Sir Ulrich of Liechtenstein, William wins tournaments and receives monetary awards. However, the only way for William to prove himself as truly noble is to beat out all of his enemies, including the arrogant and undefeated Count Adhemar in a series of jousts. Once he does so, William will reveal his true identity and win the love of royalty.



early aspirations of the playwright, and a glimpse into the culture of Elizabethan theater. This secret and raging love affair, incorporating one of the greatest playwrights, William Shakespeare, allows us see that no matter who we are, love can overpower us. The young playwright who at the start of the film experiences writer's block bursts forth with a lyrical text inspired by the lovely and passionate Viola. Ultimately, this film is about the making of a great play. But most important, it is about the power of love.

The Princess Bride: Once upon a time, a feisty old grandfather told his bedridden grandson a tongue-in-cheek fairy tale... In the mythical kingdom of Florin, a farm boy, named Westley, rides off one day to make his fortune, leaving his true love, Buttercup, waiting patiently behind. Unfortunately, his ship is beset by pirates. Buttercup grieves for many years, believing Westley is dead. She reluctantly agrees to marry Prince Humperdinck, knowing that she will never love him. However, as Humperdinck has his own plans for the marriage, he intends to have Buttercup kidnapped and murdered in order to set off a border war that will strengthen his power. But she is eventually rescued by a mysterious pirate, who turns out to be Westley in disguise. Their reunion does not last long, though, as the pair must face numerous obstacles before they can live happily ever after.



Shakespeare in Love: In this well-conceived Elizabethan film the question is posed: Who was William Shakespeare's muse? The answer: Viola de Lesseps (Gwenyth Paltrow), a young noblewoman who dreams of acting on a man's stage. The screenwriters create a cleverly crafted scenario, which beautifully illustrates both the



iLove Drug

by Justine Alvarez

When you see that special someone, do your palms start sweating, your knees get weak, and does your heart start pumping faster and faster? That same chemical that is released when you fall in love is also present in chocolate.

As we all know, chocolate has been considered a romantic gift of love that has been a tradition for thousands of years. Chocolate contains a natural "love drug" called Tryptophan, a chemical the brain uses to produce serotonin. With high levels of serotonin, you get the feeling of elation and that "feel good" sensation. Another chemical

in chocolate is phylethylamine. High levels of this chemical help give you the feeling of excitement, attraction, and giddiness. Women are more susceptible to the effects of phenylethylamine and serotonin than men, which is why women tend to love chocolate more than men do.

Chocolate was thought of being an aphrodisiac for both women and men. According to the Food and



Drug Administration, "an aphrodisiac is a food, drink, drug, scent, or device that promoters claim, can arouse or increase sexual desire, or libido." Historically, the word aphrodisiac is named after the Greek goddess of love and beauty, Aphrodite. The idea of chocolate as an aphrodisiac came about in both the Mayan and Aztec cultures over 1,500 years ago.

The earliest record of

chocolate was found in the South American rainforests around the Amazon and Essequibo rivers. The Mayans were known to worship the cocoa tree because they thought it was divine in origin. The Aztec emperor, Moctezuma, would drink about fifty cups of chocolate a day just to enhance his sexual ability. Consequently, when the Spanish introduced chocolate to Europe, it was then associated with love. For thousands of years, people have been giving chocolate to their special someone as a gift of affection. Thus, it has become a tradition throughout the world.

Mustang Boys Fall Short of Preseason Expecations

by James Gramalia

The season so far has been a disappointment for the ever hard-working San Marin Varsity Boys Basketball team. Currently sitting in last place in the MCAL standings with a record of 1-8, the Mustangs have fallen flat, already eliminating themselves from playoff contention only half way through the year.

Following a solid pre-season, the Mustang potential looked high, founded upon the strong leadership skills of Senior guard **Billy Nicolini** and the team's plethora of big men: three boys over 6'5". Somewhere in the mix, though, this newly developed team began to fall apart. Two players left the team for different reasons, upsetting the team chemistry, possibly lowering team morale in the process.

"It's been a tough season and we've been pushing ourselves," Senior center **Danny Burns** said, "but it never seems to go our way."

Not all is bad in the San Marin season, though, as six of their losses have been by less than ten points. In these close battles, a call or two from a ref or a loose ball recovery could have made the difference in the game.



Billy Nicolini drives past Branson defender

Things have just not connected for the Mustangs this season, as those loose balls and calls have been going to the opposition all season.

No doubt that the talent is there, Nicolini leads the league in scoring, and 6'7" Sophomore **Michael Lopez** is one of the hottest young prospects

in the MCAL. His imposing force in the lane scares slashers and drivers to stay outside, forcing them to drain their jumpshots.

Lopez was particularly effective against Novato, blocking five shots and scaring even the Hornets' big men out of the paint.

The Mustangs have also had the most trouble finishing games, falling flat near the end when the game is on the line. After drawing within two points of Marin Catholic with four minutes left in their February 1st matchup, the Mustangs were only able to muster three more points for the game, eventually losing 39-48.

The end of the Marin Catholic game was a microcosm of the entire season. No matter how close they were, victory and success remained barely out of reach.

The young Mustangs can look to next season with a glint of hope, though, as returning impact players such as Junior **Vinny Pacchetti** and Michael Lopez will be back and have their varsity experience to draw from for a shot at the playoffs.

Mountain Biking: Made in Marin

by James Gramalia

Mountain biking has its roots in Marin County, on Mt. Tamalpais, as bike maker Gary Fisher is credited with the conceptual invention of the sport.

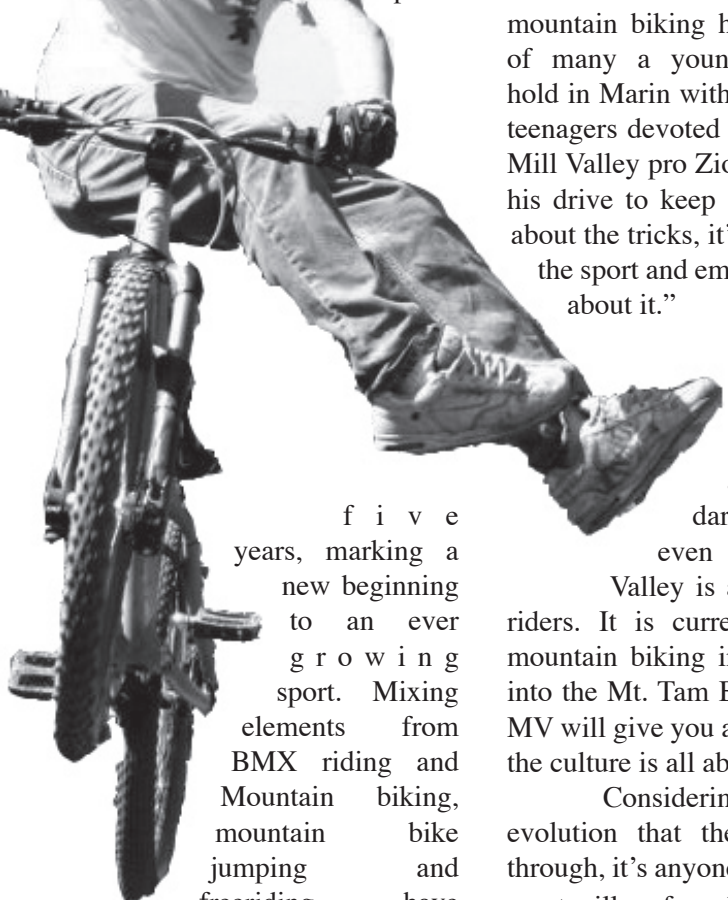
After simply racing down the mountain, the riders began to push the limits and try more technical, dangerous courses. Bikers known as trailblazers go through uncharted terrain and find a line or track for the riders to go down. Many trails began as animal paths or hiking trails, but are quickly transformed into mountain biking courses.

A major challenge which has always affected mountain bikers is the revision of the Wilderness Act, limiting bike usage on public trails. Many riders find a way around this though and trespass to ride some of the best possible trails.

Mountain biking has grown into a nation-wide sport, renowned for its dedicated riders and complete subculture. Just as skateboarders and surfers have their own cultures, mountain bikers do also. Revolving around better ways of making it down the mountain, bikers are always looking to improve their bikes as they consistently work on them. Great trails are often kept secret, or only made available to other experienced riders

in this net of extreme sport culture.

After 20 years of constant evolution, a new branch has formed within the past



five years, marking a new beginning to an ever growing sport. Mixing elements from BMX riding and Mountain biking, mountain bike jumping and freeriding have developed, in large part

due to the efforts and talents of Michael Jordan-esque Darren Barrecloth. He is the face of mountain biking, as his superhuman skills make him the most influential and trailblazing rider. He began to add elements of his BMX past in his mountain riding, throwing tricks such as tailwhips or 360's of drops or jumps.

This new extreme form of mountain biking has caught the eye of many a young rider, grabbing hold in Marin with a large number of teenagers devoted to the sport. Local Mill Valley pro Zio Ziegler explained his drive to keep at it, "It's not just about the tricks, it's about the love of the sport and embracing everything about it."

Dedicated riders like Zio are out at their local dirt jumps daily, after school until dark, and sometimes even in the dark. Mill Valley is a hotbed of young riders. It is currently the heart of mountain biking in Marin. One pop into the Mt. Tam Bikes in downtown MV will give you a great idea of what the culture is all about.

Considering the amount of evolution that the sport has gone through, it's anyone's guess where the sport will go from here.

Winter X Invades Aspen

by Katrina Richards

What do you get when you mix the world's best extreme snow sports stars with the best powder in America? Only one thing should come to mind: the 2006 Winter X-Games in Aspen, Colorado. Known for having eclectic winter sports and even more amazing tricks, the Winter X-Games, beginning on the 28th of January, will please any kind of extreme winter sports enthusiast.

Its most famous event, the 515-foot freestyle superpipe, brings thousands to the slopes every winter to watch. With big-time names such as snowboarders Shaun White and Hannah Teter, you know you're in for a treat when you tune in and watch them glide back and forth through the pipe with ease. The X-Games offer many other snowboarding events, such as the Snowboarder X, which has men and women competing on a terrain course. The more impressive and difficult the tricks are, the more points the athletes gain. It's always entertaining to watch someone pull off a 360-nose grab to fakie on a rail. And if you don't know what that is, it's about time to tune into the Winter X-Games.

Snowboarding, however, isn't the only extreme sport showcased. There are also extreme skiing, motocross competitions, and

snowmobile races. Much like the snowboarding superpipe, the skiing superpipe is the exact same thing, except on skies. If you thought that skiers could never catch enough air on the pipe to be able to pull a stunt, think again. The Winter X-Games have bashed skiing stereotypes and given a more hardcore and extreme approach to skiing, which snowboarders never thought was possible. And if you get tired of the snowboarding and skiing, the under-rated sport of snow motocross will keep you awake. Imagine some guy on a motorcycle attempting a backflip over a 90-foot gap...it's a reality at the Winter X-Games' "Motocross Best



Snowboarder Shaun White throws up an indy grab on the Superpipe

Trick" competition. And if that's still not enough for you, tune in and watch the snowmobile races. Honestly, the wipe-outs and stray snowmobiles rolling down the mountain are the most entertaining aspect of the entire snowmobile events, so you can't miss them.

With so many events to

Battling to the Top

by Kavon Banejad

Through all adversity, the San Marin Varsity Wrestling Team has posted an unblemished 7-0 season record. Under new leadership of Head Coach **Dan Donaldson** and Assistant Coach **Dino Maioriello**, the spirited team has battled the odds to go without defeat with only one league match remaining. With the absence of former Head Coach Chris "Gus" Augusto, this season marks the first time in over eighteen years that he hasn't held the reigns for the team. On February 9, San Marin will travel to Terra Linda to try to halt the Trojans' seven year undefeated streak. With the absence of varsity wrestlers Seniors **Doug Collins** (130 lbs), **Barret Taylor** (140 lbs), and **Pat Deshazo** (160 lbs), the team has had to rely heavily on its younger and less experienced wrestlers.

The grapplers traveled to the Oakland Tech Round Robbin Winter Classic and left with an impressive 1st place trophy. Individually, the champions of the tournament were: Sophomore **Theo Phan** (103 lbs), Senior **Amir Momenzadah** (130 lbs), and Senior Captains **Kavon Banejad** (145 lbs) and **Nicholas Basile** (189 lbs). A week later, the team made the journey up to Clear Lake and left with an amiable 3rd place trophy. The individual champions were: Freshman **Lawrence Alvarado** (126.6 lbs), with Banejad and Basile picking up their 2nd straight championship title. Banejad is the top-ranked 145 lber in MCAL's while Basile is ranked 2nd.

Several other wrestlers that are expected to make an impact in MCAL finals are 2nd ranked Momenzadah, 2nd ranked Senior Captain **Paul Lillie**, top-ranked Phan (103 lbs) and top-ranked Junior Heavyweight **Mark "Mr.T" Lewis**, weighing in at a whopping 274 lbs.

The team has continued it's tradition of being an MCAL powerhouse. Regardless its lack of experience, the team has come together to make this season a success. With several impressive finishes and undefeated record, the team looks primed going into its final dual meet and MCAL finals.

choose from, it's nearly impossible for anyone to get bored watching the Winter X-Games. And if watching guys and girls race down slopes and pull insane tricks on the superpipe isn't enough for you, at least tune in for the gnarly and painful wipe-outs. So make sure not to miss out on the intense competition and tune into ESPN 2 from January 28th to the 31st for good, clean, extreme sports fun.

SPORTS STANDOUTS

NICK BASILE



by James Gramalia

Perseverance and determination are words often associated with two-sport star Nick "Basil" Basile.

Basile has concluded his four-year high school wrestling career with a 20-4 record this year. The Mustangs are sitting in second place, just behind the 7-year-undefeated Terra Linda Trojans.

"I know we can take them down," Nick said, "we may be the underdogs, but we still have a good shot."

Football also holds a place in Nick's heart, as he has played varsity defensive tackle and center the past two seasons. Most notably, though, he is the moral leader of the team, always pumping up his fellow teammates with positive reinforcement.

In either sport, Basile's optimistic outlook impacts the team and players in a positive way.

SARAH ZWERIN



by Kavon Banejad

Sarah Zwerin doesn't know what it's like not to have a ball in her hand. For as long as she can remember, she has always loved basketball. As point guard on the Girls Varsity Basketball Team, her skills have given the team a major boost.

As a new transfer from Novato High, she has made an immediate impact through her constant efforts and hard work. As a ten-year veteran to the sport, she knows what it takes to be the best.

In her free time she enjoys hanging out with her friends, although she doesn't have much of it because of basketball.

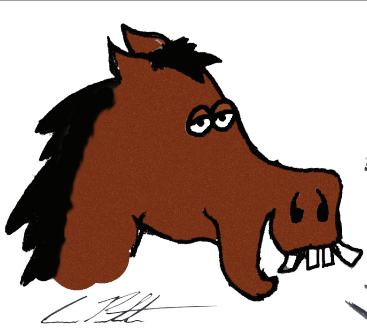
Zwerin's cultural beliefs also play a large role in her life. She has traveled to Israel over the last few summers and played basketball there.

Whether she's playing on the court at San Marin, or in Israel, she contributes a great deal to her team.

Fun Facts

by James Gramalia

- The Ritz cracker was introduced to markets in 1934, but gourmets had to wait until 1953 for the invention of cheese in a can.
- Table salt is the only commodity that hasn’t risen dramatically in price in the last 150 years.
- A hard-boiled egg will spin. An uncooked or soft-boiled egg will not.
- The letters VVSOP on a cognac bottle stand for - Very Very Superior Old Pale.
- The number 57 on a Heinz ketchup bottle represents the number of varieties of pickle the company once had.
- The wheat that produces a one-pound loaf of bread requires 2 tons of water to grow.
- Honey is used as a center for golf balls and in antifreeze mixtures.
- Before 1859, baseball umpires were seated in padded chairs behind home plate.
- In San Salvador, drunk drivers can be punished by death before a firing squad.
- In Kentucky, it is illegal to carry ice cream in your back pocket.
- Found on the instruction sheet of a Conair Pro Style 1600 hair dryer: “WARNING: Do not use in shower. Never use while sleeping.”
- Found on a butane lighter: “Warning: Flame may cause fire.”
- Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
- The Beatles held the Top Five spots on the April 4th, 1964 Billboard singles chart. They’re the only band that has ever done that.
- At 840,000 square miles, Greenland is the largest island in the world. It is 3 times the size of Texas. By comparison, Iceland is only 39,800 square miles.
- A San Diego man sued the city for emotional trauma during a concert when he saw women using the men’s rest room.
- If you combined all the muscles in an average human into one muscle, the force it would be capable of producing is about 2,000 tons
- Human thigh bones are stronger than concrete.
- March 14 is “Save a spider day”
- George Washington died after being bled by leeches.
- John F. Kennedy’s rocking chair was auctioned off for \$442,000.
- Napoleon constructed his battle plans in a sandbox.



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

by Katrina Richards

- ♥Senior Nick Basile and Sophomore Greg Granis have proudly been sporting their Steelers attire ever since post-season.
- ♥A baby boom has invaded San Marin teachers.
- ♥The hill drama has come to an all time high with the student body being threatened by the NUSD superintendent.
- ♥Novato High School has an outbreak of whooping cough.
- ♥Senior Dana Pratt gets a musical tattoo.
- ♥Theme ideas for Safe Grad Night needed. Give suggestions to Ms. Zanardi in front office.
- ♥Four guitars and cash stolen from the music room. Please report any information to Ms. Gates.
- ♥Junior Andrew Swig swears by his infamous “Decline ‘09” policy. Too bad he’s already broken it.
- ♥The Novato Police Department is rumored that they regularly use MySpace to find out and later bust parties that teens have been talking about on the popular blog-site.
- ♥Mr. McBroom comes into Mrs. Galopin’s 7th period class holding a giant clock on his chest. The class made sure to yell, “FLAVA FLAV!”
- ♥Junior Josh Boccaccio is saving up his money to buy a pink Honda Civic.
- ♥Senior guys throw water balloons upon unsuspecting San Marin students.
- ♥Senior Hilary Johnson’s Ford Probe was vandalized with Christmas trees by two unidentified San Marin boys.
- ♥An unidentified group of Drake students at a past basketball game were overheard calling San Marin “a bunch of yuppies.”
- ♥The San Marin musical, “Singing in the Rain,” will actually have falling rain

“In-Tune” or “Out-of-Sync?” The Pony Express Couple’s Quiz

by Mandy Jacobs

Questions for Him

*=1 pt. ◇=3 pt. ♥=5 pt.

Questions for Her

*=1 pt. ◇=3 pt. ♥=5 pt.

*Her favorite animal?	◇“Innie” or “outie”?	*His favorite actress?	◇His shoe size?
*Her favorite ice cream flavor?	◇Her eye color?	*His favorite sport?	◇His grammar school?
*Her favorite clothing brand?	◇Length of longest phone call?	*His favorite food?	◇His first job?
*Her favorite song?	♥Her biggest insecurity?	*His favorite band/artist?	♥His biggest accomplishment?
*Her favorite movie?	♥Her weirdest quirk?	*His favorite drink?	♥His biggest fear?

If you scored between 1 and 8 points:

You probably need to work on your communication skills. You should start worrying less about the physical part of a relationship and more about the way you boyfriend/girlfriend feels. Next time, guys, ask your girl what she’s feeling instead of what you can be feeling.

If you scored between 9 and 16 points:

You have mastered the art of a relationship. You have figured out how to maintain a fun and exciting life while keeping your friends close. You’ve managed to rise above the masses of apathetic boyfriends and needy girlfriends to create the perfect high school relationship.

If you scored between 17 and 24 points:

Have you heard of the word friends? And no, not the popular show starring Matthew Perry, but the crucial ingredient to life as a teenager. Do you really want to spend your Friday nights sitting at home watching reruns of Matlock? Save that for the marital bliss.